



# Book Of **WISDOM**

Advanced Society of  
Paranormal Studies (ASPS).

# Book Of Wisdom.

Advanced Society of Paranormal Studies  
(ASPS).

# Book Of Wisdom.

A publication of Advanced Society of Paranormal Studies (ASPS).

1<sup>st</sup> edition 2024

[All writings in this book are licensed under a Creative Commons Zero (CC0) license. This means that the writings are dedicated to the public domain and may be freely used, reproduced, and distributed by anyone for any purpose without permission.]

Special thanks to late Professor Ian Stevenson, University of Virginia and Division of Perceptual Studies.

Special thanks to New York City Paranormal, Paranormal Investigators of New York (PINY), Ghostbusters of New York, Long Island Paranormal Investigators, Hudson Valley Paranormal Society, Adirondack-Albany Paranormal Society (AAPS), Paranormal Society of Rochester and Paranormal Research & Investigation Society of Maryland (PRISM).

## Catalog

Foreword. ....	9
The Profound Thoughts of a Great Man.....	10
Brain-Dead but Alive? Case of the Beating-Heart Cadaver.....	12
What is a Near Death Experience?.....	14
Rise of Ghost & Paranormal Investigators in the United States. ....	16
The Universe: Knowns & Unknowns. ....	18
Shiva & Sumitra past life case. ....	19
1. Shiva Tripathi:.....	44
2. Sumitra Singh's Transformation:.....	44
3. Intermission Period:.....	44
4. Verified Statements and Recognitions:.....	45
5. Possession, Reincarnation, or Both?:.....	45
Choosing Our Social Circles Wisely: The First Lesson.....	54
1. Influence and Environment:.....	54
2. Intellectual Stagnation:.....	55
3. Emotional Well-being:.....	55
4. Values and Morality:.....	55
5. Productivity and Success:.....	55
6. Self-Reflection and Growth:.....	55
7. Energy Drain:.....	55
8. Risk of Misguidance:.....	56
9. Quality of Relationships:.....	56
10. Cultivating a Positive Environment:.....	56
Unanswered Questions and Challenges of the Big Bang Theory. ....	58
1. The Singularity Problem:.....	58
2. The Horizon Problem:.....	59
3. The Flatness Problem:.....	59
4. Dark Matter and Dark Energy:.....	59
5. Before the Big Bang:.....	60
Buddhism, Hinduism, Jainism, and Sikhism. ....	60
The Limits of Folly.....	63
The Natural Law of Cause and Effect. ....	66
Spiritual Truth Seeker. ....	73
Dark Matter: The Mysterious Invisible Component of the Universe.....	74
Supernatural Powers in Buddhism.....	76
A Scientific Examination of the Non-Existence of an Almighty God. ....	79
Vedas and Upanishads.....	82
Isidasi Nun and Her Divine Eye.....	84
Understanding Nature and the Universe. ....	88
A donkey speaks. ....	90

Intelligence Behind Understanding the Unseen. ....	93
Complexity of Intelligence. ....	95
The Supernatural Powers of Rishis. ....	97
Life's Greatest Questions. ....	99
Devaduta Sutra: The divine Messengers. ....	101
Rediscovering the Wisdom of the Ancients. ....	111
A Visible Sign of Spiritual Progress. ....	113
The Art of Forgetting the Outside World. ....	115
Differences Between Fools and Wise Men. ....	117
Patanjali Yoga sutra. ....	119
Zoroastrian Religion of Persia. ....	135
The Equality of Nature. ....	138
Understanding the Patterns in Life. ....	139
Samsara or Reincarnation Circle. ....	141
Why bad luck in my life?.....	143
Importance of Brahmacharya.....	145
Power of Positive Thinking. ....	146
Who is Siva?.....	148
Animals with Ultraviolet and Infrared Vision. ....	150
Foolish Materialistic Person. ....	152
Pioneers in the Field of Past-Life Memories. ....	156
Nirvana Mentioned In Buddhism. ....	158
Importance of Exploring Various Religions and Philosophies. ....	160
Spirituality in Mental Health. ....	162
Limits of Logic. ....	164
Depression & Meditation. ....	167
Known and the Unknown. ....	169
Art of Concentration. ....	171
Blissful States of Concentration. ....	173
The Supernatural Powers of Buddha.....	174
Karma, Causality, and Universal Interconnectedness. ....	178
Solitude and Silence in Meditation Practice. ....	180
Things Science Cannot Explain. ....	182
Are We Alone in the Universe? ....	184
The Sons of Gods. ....	186
Understanding Endless Reincarnation Cycle. ....	187
Sankhya Philosophers of Ancient India. ....	189
Parabrahman in Hinduism. ....	191
Paramatman or Atman in Hinduism. ....	193
Formless Trances in Buddhism. ....	195
The Divine Eye and Yogic Intelligence. ....	197

Meditation to Unveil Past Lives.....	198
Ancient Religions and Meditation. ....	200
1. Hinduism:.....	200
2. Buddhism:.....	201
3. Taoism: .....	201
Ancient Practices. ....	202
Ancient Wisdom. ....	205
Understanding Spirituality, Karma, Meditation, and Liberation.....	207
An Exploration of Meditation, Pranayama, Yoga, and Spirituality.....	209
An Exploration of Siddhas, Vidyadharas, and Siddhis. ....	211
Destructions of Kali Yuga. ....	217
How to Recognize Karma in Work? .....	219
Exploring Methods for Learning Meditations. ....	222
Heavenly Mansions of Gods in Religious Texts. ....	224
The Intersection of Science and Nature. ....	225
Cases of Children Who Remember Past Lives in Western Cultures.....	227
Sons of Dharma. ....	229
Jealousy in the Natural World and Society. ....	231
Waraha Upanishad: Ancient Indian Wisdom. ....	233
Karma & Biblical Concept of Sowing & Reaping.....	235
Reincarnation and the Bible. ....	236
Miraculous Feat of Jesus Christ. ....	238
Buddha's Practical Advice on Belief and Discernment.....	239
Importance of Wholehearted Meditation Practice.....	244
Children Who Remember Past Lives. ....	246
The importance of satisfaction and having no desire. ....	254
What is Stoicism? .....	256
What is the Ultimate Truth?.....	257
Realm of Spirituality: A Journey Beyond the Physical.....	261
Researchers in the United States Uncover Evidence of Past Lives. ....	262
Power of Imagination: Unseen and Invisible.....	265
Intersection of Science and Philosophy. ....	267
Limitations of Modern Science.....	269
Importance of Wisdom in Modern Society. ....	271
Understanding the Mind & its Connection to the After-Death World.....	272
Exploring Life, Death, and Existence Through Film. ....	275
The Big Bang Theory: Notable Errors. ....	278
1. The Cosmological Constant Problem:.....	278
2. The Axis of Evil:.....	278
3. The Quadrupole Moment Problem:.....	279
4. The Fermion Mass Problem:.....	279

Understanding the Connection Between Causes & Effects in the Natural World.....	280
What Recurring Patterns Reveal About the Workings of the Universe. ....	282
A Deep Dive into the Natural Laws of Cause & Effect.....	285
The Quest for Alien Life.....	286
Exploring the Boundaries of Our Understanding.....	288
Seeing the Unseen: The Limits of Human Perception.....	293
Importance of Respecting Spirituality.....	296
Multifaceted Importance of Truth.....	298
Importance of Experimentation and Truth.....	300
Importance of Free Thinking.....	303
Limits of Critical Thinking in Understanding the Universe.....	305
Value of Old Wisdom in a New World.....	308
Shvetashvatara Upanishad: Exploration of Hindu Philosophy.....	310
Exploration of the Mundaka Upanishad.....	312
1. Higher Knowledge and Lower Knowledge: .....	313
2. The Nature of Brahman:.....	313
3. The Process of Creation:.....	313
4. The Path to Realization:.....	313
5. The Atman (Self):.....	313
What is the meaning of life? .....	315
Goal in Religions & Philosophies.....	317
1. Hinduism: Moksha:.....	317
2. Buddhism: Nirvana: .....	318
3. Jainism: Kevala Jnana and Moksha:.....	319
4. Sikhism: Mukhti: .....	319
5. Taoism: Harmony with the Tao: .....	320
6. Christianity: Eternal Life and Salvation:.....	320
7. Islam: Jannah: .....	320
8. Other Philosophies: Various Approaches: .....	321
Comparing Religions and Philosophies to Nature.....	322
Vimanas: Divine Mansions in Buddhism and Hinduism.....	325
Interconnectedness of Rest, Intelligence, Concentration, & Peace of Mind.....	326
Power of Masculine Natures.....	328
Ayurveda: The Ancient Science of Life and Longevity.....	331
Beyond the Big Bang Theory.....	333
1. The Baryon Asymmetry Problem: .....	333
2. The Magnetic Monopole Problem: .....	333
3. Dark Matter and Dark Energy Distribution: .....	334
4. The Lithium Problem: .....	334
Imperfections of Science.....	334
Vast and Diverse Animal Kingdom.....	336

Buddha's 73 intelligences. .... 338

73 intelligences of the omniscient Buddha: ..... 338

Exploring Reincarnation in Cinema: Top 15 Movies..... 351

Best Free Meditation Books Available for Instant Download. .... 354



## Foreword.

This book is a collection of writings about deep matters related to subjects of intelligence, knowledge, science, materialism, ancient wisdom, ancient texts, paranormal phenomena, mind, yoga, life, death, natural phenomena, nature, consciousness, reincarnation, spirituality, supernatural powers, physics, meta-physics, the universe, religion, and philosophy. This book is suitable for young people around the ages of 13 to 30 and for those who are interested in learning about deep matters in the universe. This book is a profound, deep, and intricate book that contains information related to complex matters in the universe. This book is for people who like to explore mysterious truths about the universe. A book for thinkers. For those who want to know the unknown. And the book is free to download on the internet.

# The Profound Thoughts of a Great Man.

Greatness is not merely an attribute bestowed upon an individual by characteristics of their achievements or accolades. It is a reflection of the depth and breadth of their thoughts, their insatiable curiosity, wisdom and their relentless pursuit of truth. A great man is one who ponders upon questions that transcend the mundane, questions that delve into the very essence of existence and reality. This writing aims to shed light on some of these profound thoughts that distinguish a great man from the rest.

## The Workings of the Universe:

One of the most significant questions that intrigues a great man is the mystery of the universe. How did it come into being? What are the laws that govern it? What is its ultimate fate? These questions are not merely academic, but have profound implications for our understanding of ourselves and our place in the cosmos. A great man is one who is not content with superficial explanations, but seeks to unravel the complex tapestry of the universe, one thread at a time.

## The Mechanism of Nature:

Closely related to the question of the universe is the mystery of nature. A great man is one who is in awe of the beauty and complexity of the natural world, and seeks to understand the underlying mechanisms that drive it. From the intricate dance of the planets to the delicate balance of ecosystems, a great man is one who sees the hand of a master craftsman at work, and seeks to decipher the blueprint of creation. He tries to understand the true nature.

## The Conquest of Death:

One of the most universal and enduring questions that haunts a great man is the mystery of death. Is it the end of the road, or merely a pit-stop on a larger journey? What lies beyond the veil of mortality? A great man with wisdom is one who is not content with merely accepting death as an inevitable fact of life, but seeks to understand its true nature, and perhaps, even find a way to conquer it.

## The Alleviation of Suffering:

Another question that weighs heavily on the mind of a great man is the problem of suffering. Why is there pain and sorrow in the world? How can we alleviate it? A great man is one who is not only sensitive to the suffering of others, but also proactive in seeking solutions to mitigate it. A great man with wisdom is one who is committed to the cause of alleviating suffering or finding an eternal solution to the suffering.

## The Ultimate Truth:

Perhaps the most profound and elusive question that a great man grapples with is the nature of truth itself. What is the ultimate reality? What is the true nature? Is there a grand unifying theory that can explain everything? A great man is one who is not content with dogmatic or parochial views of the world, but seeks to transcend the boundaries of culture, religion, and ideology in the pursuit of a deeper, more universal and real truth.

## The Eternal Nature:

Finally, a great man is one who ponders upon the nature of eternity. Is time an illusion, or a fundamental aspect of reality? What is the meaning of life in a universe that may be infinite in extent? A great man with wisdom is one who is not only concerned with the here and now, but also with the grand tapestry of past, present, and future, and seeks to understand the role that we play in this cosmic drama.

In summary, the thoughts of a great man are not confined to the narrow and the mundane, but encompass the broadest and deepest questions of existence, nature, universe and reality. They are not merely intellectual exercises, but have profound implications for our understanding of ourselves and our place in the cosmos. As we strive to achieve greatness in our own lives, let us be inspired by these profound thoughts of a supreme man, and seek to cultivate a mind that is curious, courageous, and committed to the pursuit of truth...

## **Brain-Dead but Alive? Case of the Beating-Heart Cadaver.**

The concept of brain death is widely accepted in the medical and legal communities as the complete and irreversible loss of all brain function, including brainstem function. When an individual is determined to be brain-dead, they are legally and clinically dead, as the brain is responsible for maintaining the body's overall functioning and integration. However, the individual's heart may continue to beat for a period of time with the use of mechanical ventilation and other life-sustaining treatments, leading to the phenomenon of the "beating-heart cadaver" or "heart-beating donor." This raises a number of ethical and philosophical questions, including the nature of consciousness and the relationship between the brain and the mind.

### **The Case of the Beating-Heart Cadaver:**

In cases where an individual is determined to be brain-dead but their heart continues to beat, the use of machines is often done for the purpose of organ

donation. The individual's organs can be removed and transplanted into other individuals who are in need of them, potentially saving multiple lives. However, the idea of a body that is technically dead but still functioning with the help of machines is a controversial one, and has led to debates over the definition of death and the ethics of organ donation.

The phenomenon of the beating-heart cadaver also raises questions about the nature of consciousness and the relationship between the brain and the mind. If the brain is completely and irreversibly dead, how is it possible for the body to continue functioning, even with the help of machines? And if the body is technically dead, but the heart is still beating, is there some form of consciousness or awareness present? What is the true nature of this case?

These questions touch on one of the greatest mysteries of science, religion and philosophy: the nature of consciousness and the relationship between the brain and the mind. While the brain is clearly involved in the process of consciousness, the exact nature of this relationship is still not well understood. What we know is little. Some materialistic scientific theories suggest that consciousness arises from the complex interactions of neurons in the brain, while other theories and philosophies propose that consciousness is a fundamental aspect of the universe, like space and time, and that the brain simply acts as a receiver or filter for this universal consciousness.

The idea that consciousness is not solely located in the brain is supported by a number of phenomena, including near-death experiences, out-of-body experiences, and the use of psychedelic drugs, which can all produce profound changes in consciousness and perception that are not easily explained by brain activity alone. Science is still unable to explain everything. Despite the advances and discoveries made through scientific research, there remain aspects of the universe, nature, or existence that science has not yet been able to fully understand or explain.

The phenomenon of the beating-heart cadaver is a complex and controversial one, touching on issues of ethics, the definition of death, and the nature of consciousness. While the brain is clearly involved in the process of consciousness too, the exact nature of this relationship is still not well

understood, and the idea that consciousness is not solely located in the brain is supported by a number of phenomena.

Ultimately, the mystery of consciousness is one that may never be fully solved by the materialistic science, as it touches on the deepest questions of existence and the nature of reality. However, by continuing to explore and investigate the nature of the mind and consciousness, we may gain valuable insights into the human experience and the mysteries of the universe...

## **What is a Near Death Experience?**

Near-death experiences (NDEs) are profound and often life-changing events that have been reported by people from all walks of life and all parts of the world. NDEs typically occur when a person is on the brink of death or in a state of clinical death, and they often involve a range of mystical and spiritual experiences that are difficult to explain or understand.

One of the most common features of NDEs is a sense of leaving the body and floating above it, often accompanied by a feeling of peace, serenity, and detachment. Some people also report seeing a bright light or a tunnel, and encountering deceased loved ones, spiritual beings, or other entities. Many NDEs also involve a review of one's life, where the person is able to see and understand the consequences of their actions and decisions, and to experience a sense of compassion, forgiveness, and love.

NDEs can have a profound and lasting impact on a person's life, and they often lead to a greater sense of purpose, meaning, and spirituality. Many people who have had NDEs report a heightened sense of awareness and intuition, and a greater appreciation for the beauty and wonder of the world.

around them. They may also experience a shift in their values and priorities, and a greater desire to help others and to make a positive difference in the world.

Despite the widespread reports of NDEs, there is still much debate and uncertainty about their nature and causes. Some researchers and skeptics argue that NDEs are simply a byproduct of the brain's response to trauma, stress, or lack of oxygen, and that they have no real spiritual or mystical significance. Others, however, argue that NDEs are evidence of a deeper and more profound reality that is beyond the physical and materialistic world, and that they offer a glimpse into the nature of consciousness, the afterlife, and the ultimate purpose of human existence.

Regardless of one's beliefs or opinions about NDEs, it is clear that they are a fascinating and complex phenomenon that deserves further study and exploration. By deepening our understanding of NDEs and their effects, we may be able to gain new insights into the nature of consciousness, the mind-body connection, and the mysteries of the universe. We may also be able to help those who have had NDEs to integrate their experiences into their lives, and to find a sense of meaning, purpose, and fulfillment in the process.

However, according to the ancient scriptures, the Near Death Experience is as follows: There happens the real death of that person, and they become a spontaneous invisible being for a short time. Then, after a while, due to the strong desire for the previous human life and belongings and powerful karma yet available for a human life, they die again from the spontaneous invisible spirit life, and their consciousness re-enters the human body. The ancient scriptures mention that when most of the spontaneous beings, such as spirits, die, their body vanishes instantly with a remainder.

In summary, what we know is little and near-death experiences are profound and often life-changing events that have been reported by people from all walks of life and all parts of the world. They typically involve a range of mystical and spiritual experiences that are difficult to explain or understand, and they can have a profound and lasting impact on a person's life. Materialistic modern science is incapable of explaining how Near Death Experiences occur. Despite the ongoing debate and uncertainty about the

nature and causes of NDEs in materialistic scientific community, they are a fascinating and complex phenomenon that deserves further study and exploration by the modern science, and that may offer valuable insights into the nature of consciousness, the afterlife, various invisible beings, various invisible existences and the ultimate purpose of human existence...

## **Rise of Ghost & Paranormal Investigators in the United States.**

Ghosts and paranormal phenomena have been a source of fascination and fear for centuries, and the United States of America is no exception. In recent years, there has been a surge of interest in the paranormal, with numerous television shows, movies, and books exploring the unknown and the unexplained.

This has led to the emergence of a new profession: the ghost and paranormal investigator. These individuals are dedicated to uncovering the truth behind reports of ghostly apparitions, strange noises, and other unexplained occurrences. They use a variety of tools and techniques, including electromagnetic field (EMF) detectors, thermal imaging cameras, and audio recorders, to gather evidence and attempt to communicate with any spirits that may be present.

In the United States, there are numerous organizations and individuals who offer ghost and paranormal investigation services. Some of the most well-known include the Atlantic Paranormal Society (TAPS), which was founded in 1990 and is based in Rhode Island. TAPS is perhaps best known for its hit



television show, "Ghost Hunters," which aired on the Syfy network for 11 seasons.

Another prominent organization is the Ghost Research Society (GRS), which was founded in 1972 and is based in Illinois. The GRS is dedicated to the scientific study of ghosts and other paranormal phenomena, and offers a variety of resources and services to those who are interested in the field.

In addition to these organizations, there are numerous independent ghost and paranormal investigators who operate throughout the United States. These individuals often have a background in fields such as law enforcement, psychology, or engineering, and use their unique skills and perspectives to approach the investigation of paranormal phenomena.

While the field of ghost and paranormal investigation is still relatively new and largely unregulated, there are efforts being made to establish standards and best practices. The American Association of Paranormal Investigators (AAPI) is one such organization, which seeks to promote professionalism and ethical conduct in the field.

Despite the skepticism of some, the popularity of ghost and paranormal investigation shows no signs of slowing down. Whether driven by a desire to uncover the truth, a fascination with the unknown, or a simple love of a good ghost story, these individuals and organizations will continue to explore the mysteries of the paranormal for years to come.

In summary, the field of ghost and paranormal investigation is a rapidly growing and evolving profession in the United States. With numerous organizations and individuals offering their services, there is a growing effort to establish standards and best practices in the field. While the existence of ghosts and other paranormal phenomena remains a topic of debate and controversy in the materialistic scientific community and atheist community that does not believe in invisible creatures, the popularity of the field shows no signs of slowing down...

# The Universe: Knowns & Unknowns.

The universe, a term that encapsulates everything that exists, is a thing of immense scale and complexity. It is a cosmic arena filled with stars, galaxies, planets, existences and other forms of matter and energy. While we have made significant strides in understanding the universe, it is important to acknowledge that what we know is just a tiny fraction compared to what we do not know.

Our understanding of the universe began with simple observations of the night sky. The advent of the telescope in the 17th century revolutionized our understanding, allowing us to see more that the universe is not just limited to the planets revolving around the Sun, but is teeming with stars and various galaxies.

In the 20th century, the development of new technologies, such as the Hubble Space Telescope, further expanded our knowledge. We discovered that the universe is not only vast but also expanding. We found evidence of the universe's early days, as we believe, such as cosmic microwave background radiation, and began to understand the forces and pwwritings that make up the universe.

However, despite these advancements, the universe continues to present us with mysteries. One of the most significant is dark matter and dark energy. Dark matter is a form of matter that does not interact with light or other parts of the electromagnetic spectrum, making it invisible and extremely hard to detect. It is believed to make up approximately 27% of the universe. Dark energy, on the other hand, is a mysterious force that is causing the universe to expand at an accelerating rate. It is thought to make up about 68% of the universe.

Another mystery is the existence of exoplanets and the possibility of extraterrestrial life. While we have discovered thousands of exoplanets, the conditions and the potential for life on these planets are still largely unknown. The search for extraterrestrial life also extends to Mars, one of our neighboring planets, where signs of ancient life are being explored.

The universe's origins and its ultimate fate are also subjects of much debate and speculation. The Big Bang Theory is the most widely accepted explanation for the universe's origin by people, but it does not explain what caused the Big Bang or what (if anything) existed before it. Similarly, while we know that the universe is expanding, we do not know whether it will continue to do so indefinitely, or whether it will eventually collapse in on itself.

In summary, the universe is a vast and complex thing that we have only begun to understand. While we have made significant strides in unraveling its mysteries, what we know is dwarfed by what we do not know. The mysteries of dark matter and dark energy, the potential for extraterrestrial life, and the universe's real origins and ultimate fate are all questions that continue to puzzle and inspire wise men...

## **Shiva & Sumitra past life case.**

A Case of the Possession Type in India With Evidence of Paranormal Knowledge.

(Credit for these reports goes to the respective owners. Credit for this report goes to Dr. Ian Stevenson, the father of reincarnation research. Dr. Ian Stevenson, a Canadian-born psychiatrist, is renowned as the father of

reincarnation research. Over a span of more than 40 years, he meticulously studied cases of children who claimed to remember past lives, seeking evidence to support reincarnation. His influential work, including books like "Twenty Cases Suggestive of Reincarnation" and "Children Who Remember Previous Lives," brought scientific rigor to the field. Stevenson's research significantly advanced the understanding of consciousness beyond the physical body and continues to inspire ongoing studies into the human mind and existence.)

-Ian Stevenson, Department of Behavioral Medicine and Psychiatry, University of Virginia, Charlottesville: VA 22908.

-Satwant Pasricha, Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, India.

-Nicholas McClean-Rice, Department of Behavioral Medicine and Psychiatry, University of Virginia, Charlottesville, VA 22908.

Abstract: A young married woman, Sumitra, in a village of northern India, apparently died and then revived. After a period of confusion she stated that she was one Shiva who had been murdered in another village. She gave enough details to permit verification of her statements, which corresponded to facts in the life of another young married woman called Shiva. Shiva had lived in a place about 100 km away, and she had died violently there-either by suicide or murder-about two months before Sumitra's apparent death and revival. Subsequently, Sumitra recognized 23 persons (in person or in photographs) known to Shiva. She also showed in several respects new behavior that accorded with Shiva's personality and attainments. For example, Shiva's family were Brahmins (high caste), whereas Sumitra's were Thakurs (second caste); after the change in her personality Sumitra showed Brahmin habits that were strange in her family. Extensive interviews with 53 informants satisfied the investigators that the families concerned had been, as they claimed, completely unknown to each other before the case developed and that Sumitra had had no normal knowledge of the people and events in Shiva's life. The authors conclude that the subject demonstrated knowledge of another person's life obtained paranormally.

The word possession designates a wide variety of conditions that psychiatrists, psychologists, and anthropologists describe. It indicates that a person has undergone such a marked change of behavior that other persons seem no longer to be in contact with the ordinary personality of the affected person.

Possession states occur widely in India (Carstairs & Kapur, 1976; Teja, Khanna, & Subrahmanyam, 1970). ' Most psychiatrists, psychologists, and anthropologists have emphasized the similarities between cases of the possession

type and diagnostic entities recognized in the West, such as multiple personality and hysteria. Accordingly, they tend to use phrases such as "possession syndrome" and "hysterical possession." They also, in varying degrees, offer motivational explanations of the condition that depict it as beneficial to the affected person in improving his status and perhaps resolving

internal and external conflicts. However, Claus ( 1979) cautioned against psychological and sociological interpretations for all cases until we have more information. Along the same line, Lewis (1971, pp. 178- 179) wrote: "Nothing after all is easier than leaping to conclusions and projecting our own psychological assumptions and interpretations onto exotic evidence which may correspond only in superficial detail with apparently similar data in our own culture."

The question arises of whether some ostensibly possessed persons show knowledge about the life of a deceased person that they could not have obtained normally. We think that in a small number of cases the subjects do show such knowledge. Cases of this kind are rare, and yet sufficiently well known in India so that the Hindi word parakayapravesh ("entering into another body") exists for designating them. One of us (I.S.) has studied several cases of the type with evidence of paranormal knowledge<sup>2</sup> and has published reports of two of them (Stevenson, 1966, 1974a, 1983a). Their occurrence and that of occasional other cases of ostensible possession with evidence of paranormal processes, such as the case of Uttara Huddar (in which the subject spoke a language she had not learned and assumed the personality of a deceased woman completely unknown to her family) (Stevenson

& Pasricha, 1979; Stevenson, 1984), have encouraged us to search for new cases of the possession type with evidence of paranormal processes. Such evidence is not easily obtained. The ostensibly possessing personalities (when not gods or godlings) are usually persons known to the subject or about whom the subject may easily have learned normally. In cases of this type it is difficult to obtain satisfactory evidence of the subject's having knowledge paranormally acquired. We believe we have satisfied this criterion in the case we now report. It involves two completely unrelated and unacquainted persons. Their families lived in widely separated towns and villages, and the informants' testimony warrants believing that they had had no contact with each other before the case developed.

### Case Report:

#### Summary of the Case and its Investigation:

When this case developed, the subject, Sumitra Singh, was a young married woman of about 17. She was living with her husband and their one child in her husband's family home (according to the custom in India) in the village of Sharifpura, in the Farrukhabad District of the State of Uttar Pradesh, India. Early in 1985 she began to develop episodes of loss of consciousness with eye-roll movements and clenching of the teeth.

Sometimes

she would speak during these trance-like states, and one day in July she predicted that she would die three days later. When the predicted day (July 19) came, she seemed to die. At least members of her family and other villagers considered her dead, because she was pulseless and apneic, and her face was drained of blood like that of a dead person. They had begun grieving and also preparing for Sumitra's funeral, when she unexpectedly revived.

Following a brief period of confusion Sumitra began to behave like a different person. She did not recognize the people around her and said that her name was Shiva and that she had been murdered by her in-laws at a place called Dibiyapur. She rejected Sumitra's husband and child and asked to be taken to Shiva's two children. She stated many details that were subsequently found to correspond with the life of another young married woman, Shiva Diwedi, who had died violently-whether from murder or suicide is still unclear-at Dibiyapur on the night of May 18- 19, 1985, that is, two months before Sumitra's apparent death and revival. Shiva's parental

family believed that her in-laws had murdered her and then attempted to simulate suicide by laying her body on railway tracks nearby. Her father, Ram Siya Tripathi, filed a complaint, and this instituted a judicial inquiry. Reports of Shiva's death and of the legal proceedings appeared in newspapers

published in Etawah, the district town where Ram Siya Tripathi lived.

Sumitra's in-laws said that they knew nothing of a Shiva who had died at a place called Dibiyapur. At first they thought that Sumitra had gone mad and later that she had become possessed by a discarnate spirit; but they made no attempt to verify what she was saying. It was about a month before Ram Siya Tripathi learned about Sumitra's statements. This occurred, almost accidentally, when he heard a rumor, while he was visiting Dibiyapur, that his deceased daughter had taken possession of a girl in a distant village. Nearly two more months elapsed before he was able to verify this information

by having someone from a village called Murra, which is close to Sharifpura, visit Sumitra and her family.

The information gathered corresponded to facts in the life of Ram Siya's deceased daughter, Shiva, and so on October 20, 1985 Ram Siya went himself (accompanied by a relative) to Sharifpura, where Sumitra recognized him and said she was his daughter. Sumitra also recognized in Sharifpura and Etawah (where she visited Ram Siya during the following days) at least 13 members of Shiva's family and circle of friends.

In addition to Sumitra's statements about the life of Shiva and her recognitions

of persons Shiva had known, she showed a marked change in behavior. Sumitra's family belonged to the Thakur caste and they were villagers with almost no education; Sumitra herself had had no formal education, although she could read and write a little. The Tripathis, on the other hand, were Brahmins and middle-class urbanites. Ram Siya was a lecturer in a college, and Shiva had been educated up to the level of earning a B.A. degree. After her revival, Sumitra's behavior changed from that of a simple village girl to that of a moderately well-educated woman of higher caste and more urban manners, who could now read and write Hindi fluently.

The case came to our attention soon after the first exchanges of visits between the families concerned. The Indian Express published a report of

the case on October 26, 1985. One of I.S.'s correspondents in India noticed this and sent a copy of the report to him. At about the same time a correspondent in northern India sent to S.P. a copy of a report of the case in a Hindi newspaper, Dainik Jagran, that had appeared on October 23, 1985.

#### Methods of Investigation:

Our principal method of investigation was interviews with informants, particularly firsthand witnesses of the apparent death of Sumitra and the change in her personality that followed her revival; but we spent almost as much time interviewing the members of Shiva's family.

We were able to begin our interviews within three weeks of learning about the case. In November 1985, S.P. conducted a series of interviews with some of the principal informants for it. These included Sumitra and her mother-in-law, Shiva's parents, and one of Shiva's maternal uncles.

In February and March 1986, we worked together on the case for seven days. We interviewed again all but one of the persons S.P. had interviewed earlier. In addition, we interviewed numerous other informants for the case, especially in Sumitra's village of Sharifpura. We met her father in his village, Angad ka Nagla. We had to seek out other informants in four other towns and villages of the Farrukhabad District and the neighboring districts of Etawah, Mainpuri, and Hardoi.

In November 1986, February 1987, and October 1987 two of us (I.S. and S.P.) spent another 10 days on fieldwork for the case. During these three periods we interviewed (in Dibiyaipur) Shiva's husband and father-in-law, whom we had not met earlier. We also interviewed informants who had connections through marriage or trade with more than one of the communities

involved in the case; we intended these interviews to help us to assess the likelihood that information about Shiva's life and death could have reached Sumitra's family along normal lines of communication. We also, during this later phase of the investigation, had new interviews with some previous informants, including Sumitra and her husband and Shiva's parents.

By the end of our investigation in October 1987 we had interviewed 24 members of Sumitra's and Shiva's families, and we had interviewed all the more important witnesses among these persons two or more times. In addition,



we had interviewed another 29 persons who were able to furnish background information, especially that mentioned above concerning communications

between the communities involved in the case.

During the interviews S.P. made notes, mostly in Hindi, and also acted as principal interpreter for I.S. and N.McC-R., both of whom made notes in English, as nearly verbatim as possible. During a few special interviews we made tape recordings only, or in addition to making notes.

In our interviews we gave particular attention to the following aspects of the case: the preceding illness, apparent death, and revival of Sumitra; the possibilities for normal communication of information about Shiva's life and death to Sumitra and her family; and the circumstances under which Sumitra, after her revival, identified Shiva's family in person and in photographs.

In addition to our interviews we obtained copies of newspaper reports (published in Etawah) of Shiva's death and of Ram Siya Tripathi's allegations that her in-laws had murdered her. We also obtained copies of the photographs of Shiva's family in which Sumitra had correctly identified persons normally unknown to her before the change in her personality. One of us (I.S.) has published elsewhere further details of the methods followed (Stevenson, 1966 1974a, 1975).

#### Relevant Facts of Geography and Possibilities for Normal Communication Between the Families Concerned:

This case occurred in the Farrukhabad and Etawah Districts of the State of Uttar Pradesh. Etawah is a small city of about 100,000 inhabitants located approximately 500 km southeast of Delhi. It is a district town on the main line of the railway that joins Delhi to Kanpur (about 250 km east of Etawah) and, ultimately, to Calcutta. Shiva's parents lived in Etawah from the time she was three years old until the case developed.

After her marriage Shiva moved to the home of her in-laws at Dibiyapur, which is about 55 km east of Etawah. Almost adjoining Dibiyapur is the railway station of Phaphoond, which is on the main railway line linking Etawah and Kanpur.

Sharifpura, the village where Sumitra was living when the case developed, is just outside the Etawah District in the Farrukhabad District, about 65 km north of Etawah and about 100 km (in a direct line) from Dibiyapur. Some

of Sumitra's in-laws lived in the town of Sikandarpur, which is about 30 km farther north and west from Sharifpura, in the Farrukhabad District. Angad ka Nagla, where Sumitra's father lived, is about 15 km east of Sharifpura and perhaps slightly south.

Informants for Sumitra's side of the case said that they had no previous acquaintance with Shiva's family, and members of Shiva's family similarly said they were completely ignorant of Sumitra's family before the case developed. Apart from the long (for India) geographical distances between the families, they were further separated by significant differences of caste, education, and economic position.

Strong support for the informants' denial of prior acquaintance (or knowledge about each other) comes from the slow and roundabout manner in which Shiva's family learned about the personality change in Sumitra. Sumitra's father and her in-laws made no attempt to verify her statements about Shiva. Word about them first reached the neighboring village of Murra, which is 2 km from Sharifpura. From there it traveled to Dibiyapur apparently conveyed by women of Murra who had married and were living there. Ram Siya Tripathi, on a visit to Dibiyapur, heard a rumor that his dead daughter had taken possession of a girl in a distant village called Sharifpura. However, he had never been to Sharifpura and did not even know where it was located. After another two weeks he learned about a man called Ram Prakash Dube, a native of Murra who was living in Etawah, but whom he had not previously known. He asked Ram Prakash Dube to inquire in Murra about the truth of the account he had heard in Dibiyapur. The monsoon rains led to further delays. When Ram Prakash Dube next visited Murra, he looked into the story and confirmed its main outlines to Ram Siya Tripathi, who, as we have mentioned, then went to Sharifpura and had his first meeting with Sumitra on October 20, 1985. This was exactly three months after Sumitra's apparent death and revival. We believe that if the families concerned had been previously acquainted or had had any lines of communication through mutual acquaintances, they would have exchanged information about Sumitra's change of personality much sooner than they did.

If Ram Siya Tripathi had not complained to the police about the unseemly haste with which his daughter's body had been cremated (as we shall describe below), few persons outside those immediately concerned would have heard about her death. However, when the police began to investigate

the matter, the newspapers of Etawah took notice and published accounts of Shiva's death and of the judicial inquiry. Some of the newspapers carrying these reports reached Sikandarpur, where persons who might have come in contact with the family of Sumitra's mother-in-law read them. At least one newspaper with a report also reached a reader of Sharifpura. The brother of the headman of Sharifpura said that he had read about Shiva's death in a newspaper before the change in Sumitra; but he gave the matter little attention

at the time. The headman himself, a schoolteacher, said that he learned about Shiva's death only after Sumitra's changeover. In addition, we learned of two traders who went regularly between Sharifpura and Etawah on business.

After the case developed one of them became acquainted with Ram Siya Tripathi, but had not known him earlier.

Members of Sumitra's family said that they had heard nothing about Shiva's death before Sumitra's death, revival, and personality change.

However,

in view of the circulation of some newspapers in their area, and of some trading between Sharifpura and Etawah, it is best to assume that they might have learned of Shiva's death and perhaps also learned about some of the allegations of suicide and homicide that figured in the newspaper reports.

(There was no radio station in the area. Some television had been introduced at Etawah only [Sharifpura had no electricity], but it only relayed programs from Delhi and broadcast no local news.) The newspaper reports included some of the names of Shiva's parental family and in-laws. The important question remaining is, therefore, whether Sumitra, after the change in her personality, demonstrated knowledge and behavior corresponding

to Shiva's life that went beyond the information available in the newspapers reporting the death of Shiva and the related judicial inquiry.

**The Life, Last Illness, Apparent Death, and Revival of Sumitra:**

Sumitra was born in (probably) 1963 in Ahmedabad, Gujarat, where her father, Chotte Singh, had gone for employment in one of the many textile mills there. He was a native of Angad ka Nagla, a village of the Etawah District. He and other members of his family belonged to the Thakur caste.

Sumitra's early life was unusual in the degree to which she lived separated from one or both of her parents. The separations reflected her father's efforts

to break out of the life of a village cultivator and become a steady wageearner.

Because of her parents' movements Sumitra lived for about eight years with an older cousin, Phool Mala, in the village of Birpur, in the neighboring district of Mainpuri. Sumitra never attended school, but Phool Mala taught her the elements of reading and writing. Phool Mala herself had gone to a primary school only for a year or two, and she had mainly learned to read and write at home. She taught Sumitra as much as she knew. She said that Sumitra could read the Ramayana and was able to write a letter. Sumitra's father told us (incorrectly) that she could not write at all, and her husband said that she could write "a very little like a child in kindergarten." He thought that she was (when he knew her) unable to write a letter, but we learned that she had occasionally done this.

Sumitra's mother, Ganga Devi, died in 1979, when Sumitra was about 11.

In childhood Sumitra enjoyed good physical health. When she was about 13 (in 1981), she was married (in the Indian style of arranged marriages) to Jagdish Singh and moved to her husband's village of Sharifpura, which is about 15 km from Angad ka Nagla, where her father was then living.

Sumitra's marriage to a considerable extent repeated the pattern of separations

that she had experienced in childhood, because her husband, like her father, went to a city (in his case, Delhi) trying to obtain regular employment, and he was often away from Sharifpura for months at a time. After three years of marriage, Sumitra gave birth to a baby boy in December, 1984. A month or two later, early in 1985, she began to suffer from periods of loss of consciousness

or trance in which her eyes would roll upwards and she would clench her teeth. She seemed not to have fallen suddenly in any of these episodes. The spells lasted varying times—from a few minutes to a whole day. Sometimes Sumitra would say afterward that Santoshi Ma<sup>4</sup> had possessed

her. On two occasions she was seemingly possessed briefly by discarnate personalities. One of these communicating personalities said that she had been a woman of Sharifpura who had drowned herself in a well; the

other (a male) said that he had been a man of another state in India. She gave some particulars about this latter life that have not been verified and are probably unverifiable.

During these episodes of apparent possession, Sumitra's condition sufficiently

troubled her family so that they consulted local healers. Of these the most prominent was a man called Vishwa Nath. He was a distant relative of the family, a cultivator regularly, and without experience in other cases like Sumitra's. Nevertheless, he seemed to have a pacifying influence on her. He himself at times went into trances when he would be possessed, as he would say afterward, by the Hindu god Hanuman.

Vishwa Nath's intervention did not arrest Sumitra's episodes of trance; and, as we described earlier, she predicted her death, and three days later (on

July 19, 1985) she lost consciousness and seemed to die. We questioned several eyewitnesses of this event. Her respiration and pulse stopped and her face became drained of blood like that of a dead person. A considerable group of persons surrounding Sumitra were convinced that she had died, and some began to cry. It was proposed to put her body on the ground (a Hindu ritual performed for persons who are thought about to die or who have died). Sumitra seemed to be dead for a period estimated by her father-in-

law and brother-in-law as about five minutes. Some other informants thought that she had been dead for much longer than five minutes before she revived, but we think they may have estimated the onset of death from a time when her breathing became shallow and barely perceptible. No doctor was in or near the village, so Sumitra's heart was not auscultated, and we have reported the villagers' judgment that Sumitra was dead without asserting ourselves that she was.

When Sumitra revived she did not recognize her surroundings including the people of her husband's family. She said little or nothing for a day after her revival. Then she began to say that she was Shiva and to describe details of the life and death of Shiva. We shall summarize her statements about Shiva's life in a later section of this report, after we describe what we could learn about Shiva's death.

Upon hearing Sumitra's statements about Shiva's life and death, her inlaws thought first that she had gone mad and then that she had become possessed by a wandering discarnate personality who could be exorcised away or might leave spontaneously as had the ones previously manifesting in Sumitra.

In the autumn of 1986 Sumitra became confused for a few hours and seemed to resume her ordinary personality. Then the Shiva personality resumed control and was still dominant at the time of our last interviews in October 1987. By this time the Shiva personality had been dominant-with the single brief exception just noted-for more than two years.

#### The Life and Death of Shiva:

Shiva Tripathi was born in Sevpur in the Etawah District on October 24, 1962. Her parents were members of the Brahmin caste and her father, Ram Siya Tripathi, was a lecturer in a college. After 1965 the family lived in Etawah, and Shiva grew up there along with five brothers and sisters. She attended school and then college from which she graduated with a B.A. in Home Economics.

At the age of 18 and a half she was married to a man called Chhedi Lal, who lived in the village or small town of Dibiyapur.

Shiva gave birth to two children who became known by the nicknames of Tinku and Rinku. (Tinku was about 18 months old and Rinku less than 6 months old when Shiva died.) Shiva was living (according to the custom of joint households in India) in her in-laws' house. Friction developed between Shiva and her in-laws. It is possible that Shiva's superior education and more urban manners irritated her in-laws. They grumbled when Shiva returned

to Etawah in order to write final examinations for her college degree. Shiva complained that her mother-in-law had told her to go and hang herself. At one stage her father-in-law wrote to Shiva's father and suggested that he take her back, but nothing came of this.

A more serious quarrel developed in the second half of May 1985. Shiva was invited to attend the wedding of a member of her family, and her in-laws, after at first agreeing to her absence for this function, changed their minds and forbade her to leave the house. On the evening of May 18, 1985 Shiva's maternal uncle by marriage, Brijesh Pathak, who lived in a village (Kainjari) about a kilometer from Dibiyapur, called on the family and

learned from Shiva about the quarrel she had had with her in-laws. Shiva was crying and told him that her mother-in-law and one of her sisters-in-law had beaten her. She did not seem depressed, and she did not talk of suicide. Her uncle tried to calm the family members and advised them to ask Shiva's father to come and arrange a more durable peace.

The next morning Brijesh Pathak and his brothers learned that Shiva had died in an "accident." Her dead body had been found on the railway tracks, and her in-laws said that she had thrown herself in front of a train. We interviewed five persons who saw Shiva's body on the morning of May 19 before it was cremated. When discovered, it lay between two rails of a track at the railway station of Phaphoond (which adjoins Dibiyapur). The body was intact and therefore had not been run over by the wheels of a train; several trains had passed the station during the night.

Brijesh Pathak, remembering the quarrel between Shiva and her in-laws of the night before, asked them to delay cremation of the body until he could go to Etawah and bring Shiva's father (which would take only four hours, because the railway stations of Dibiyapur and Etawah are both on the main railway line). However, Shiva's in-laws ignored his pleas, obtained permission from local authorities to cremate her body,<sup>5</sup> and lit the fire at about 11:00 a.m. To make it burn more quickly they had poured fuel oil on the wood.

Shiva's in-laws said that they had noticed her unexpected absence from the house and had gone in search of her. Her body had been found on the railway tracks at the railway station, and they concluded that she had thrown herself in front of a train. They presented this account of Shiva's death during judicial inquiries and also in our interviews with them.

Although it is not uncommon for young married women in India who are harassed by their in-laws to commit suicide, several circumstances in the death of Shiva pointed away from suicide and raised a suspicion of murder. First, there was the history of the quarrel on the evening of May 18, when Shiva had told her uncle that her in-laws had been beating her. Second, rumors began to circulate in Dibiyapur about persons having seen Shiva's in-laws carrying her during the night to the railway station at Phaphoond (just a few hundred meters from their home). They were said to have explained

that they were taking her to the hospital. Although there were people around the railway station, it was night, and at one point the lights in the

station failed; it would then have been dark, so that a dead body might have been placed on the tracks unobserved. (Firsthand confirmation of this report would have been of critical importance, but we were unable to learn even the name of a firsthand informant.) Third, Brijesh Pathak, who saw his niece's body lying on the platform of the railway station before it was taken away by her in-laws, remarked that only the head was injured; he thought it suspicious that a body knocked down by a train was not more extensively damaged.<sup>6</sup> Fourth, although it is customary to have an inquest and autopsy after any accidental death, the panchnama was signed with suspicious haste, the expressed wishes of Shiva's uncle to delay the cremation until her father could arrive were ignored, and the cremation proceeded with hurriedly. Ram Siya Tripathi arrived at Dibiyapur around 2:00 in the afternoon of May 19. By that time the cremation fire had reduced his daughter's body to ashes. After considering all that he could learn about the circumstances of her death, he complained to the police, and they began a belated inquiry. Later, he filed a formal charge of murder against Shiva's in-laws. Shiva's husband and father-in-law were arrested and then released for lack of evidence.

Her mother-in-law and sister-in-law absconded and remained in hiding for some months. In 1986 they returned to their home, were arrested, and then released pending an expected trial. In October 1987 the judicial inquiry was continuing with the usual delays of such proceedings. On the facts available to us, we must suspend judgment about how Shiva died. That she died violently and after a quarrel with her in-laws on the night of May 18-19, 1985 is established. Her in-laws may have killed her and put her body on the railway tracks to simulate a suicide; or she may have thrown herself in front of a train during a trough of depression following the quarrel with her in-laws.

#### Sumitra's Statements About the Life and Death of Shiva:

Sumitra's statements made after her revival may be divided into three groups. The first group consists of names of persons and places that the newspaper accounts of Shiva's death and her father's lawsuit had published. We think it extremely unlikely that anyone communicated even the fact of Shiva's death, to say nothing of its details, to Sumitra or her family. However, as we have mentioned, some newspapers were circulated in the general area of Sharifpura, and so we must assume that Sumitra's family might have



learned about Shiva's death normally. This means we cannot count as paranormally derived any of the names Sumitra stated that had appeared in newspaper accounts.

A second group of Sumitra's statements remains unverified. We refer to her account of Shiva's final quarrel with her in-laws and of how her sister-in-law had hit her on the head with a brick, after which her body was laid on the tracks at the railway station to simulate suicide. Nothing refutes these statements, but they remain unverified and may be wrong.

A third group of statements, those concerned with nicknames and private affairs not published in the newspapers, includes statements that we think contain information Sumitra could not have obtained normally. We learned of 19 items that we felt justified in placing in this, the most important group. These showed that Sumitra had knowledge of: a particular yellow sari that Shiva had owned, a watch that had belonged to Shiva and the box (in the Tripathi home) in which it was kept, the respective order of birth of Shiva's maternal uncles (although one who was younger actually looked older than one of the older uncles), one of Shiva's nicknames familiarly used in the home (Shiv Shanker), the names of two educational institutions where Shiva had studied (Sarvodya College and Sorawal Intermediate College), the pet names of Shiva's two children (Rinku and Tinku), the names of two friends of Shiva who happened to have the same name, and the names of Shiva's two brothers, two of her sisters, two of her maternal uncles, a maternal aunt (by marriage), and a nephew.

#### Sumitra 's Recognitions of Shiva 's Family Members and Friends:

Observers of recognitions in cases suggestive of reincarnation-of which the present case may be considered a variant-frequently vitiate them by asking leading questions or by cueing the subject with glances directed toward the person to be recognized (Stevenson, 1975, pp. 39-40).

Nevertheless,

there remain several circumstances in which recognitions may occur that deserve credit as showing paranormal knowledge on the part of the subject. These are: recognitions that the subject makes spontaneously without

anyone's having asked him or her to identify another person; recognitions that occur when the subject is confronted with a person and asked a

question like: "Do you know who this person is?" or "Tell me who I am"; and recognitions in which the subject immediately afterward adds a statement

about some intimate detail, perhaps a nickname, not known outside a small circle of family and friends. We learned of 12 members of Shiva's family and circle of friends whom Sumitra recognized under conditions that we believe excluded cueing. We shall describe the circumstances of seven of Sumitra's recognitions, including one in which cueing might have played a part and six in which we think it did not.

1. Ram Siya Tripathi, Shiva's father. When he first went to Sharifpura, he introduced himself outside the house and someone told Sumitra, who was then inside, that "her father" (that is, Shiva's) had come to the house. We therefore attach no significance to Sumitra's telling Ram Siya Tripathi what his name was. However, she called him "Papa" (as Shiva had) and wept. Also, when Ram Siya Tripathi asked her, Sumitra immediately stated two pet names by which Shiva was sometimes called in her family: Aruna and Shiv Shanker. The first of these names, Aruna, had been published in a newspaper report of Shiva's death, but the second had not.

2. Baleshwar Prasad Chaturvedi, Shiva's maternal uncle by marriage. Sumitra recognized him at the time he accompanied Ram Siya Tripathi to Sharifpura. Asked who he was, Sumitra at first said he was Arvind's father. (Arvind was one of Shiva's maternal uncles.) Asked to try again, Sumitra then said that Baleshwar Prasad Chaturvedi was the father of Arvind's wife. This was correct.

3. Ram Rani, Shiva's mother. This recognition occurred at the time of Sumitra's first visit to Etawah. Ram Siya tried to mislead Sumitra by telling her that her (Shiva's) mother was standing in a group of other women at the Tripathi house. In fact, Ram Rani had gone inside the house and was not in this group of women. Sumitra insisted that her (that is, Shiva's) mother was not among the group of other women; she then went into the house and searched for Shiva's mother whom she found and embraced tearfully. (Attempts were also made in another instance to mislead Sumitra deliberately, but failed.) In connection with this recognition we should note that Ram Siya Tripathi had already shown Sumitra a photograph of Ram Rani (see below).

4. Ram Naresh, another of Shiva's maternal uncles. This recognition occurred

at the time of Sumitra's first visit to Etawah. Ram Naresh presented himself to Sumitra and said: "Who am I?" Sumitra said: "You are my mother's brother." He said: "Which one?" She replied: "Ram Naresh of Kanpur." He had formerly lived in Kanpur, and had moved to Etawah after Shiva's death.

5. Ram Prakash Dixit, another of Shiva's maternal uncles. He went to Sharifpura (at the end of October, less than 10 days after Ram Siya Tripathi had first met Sumitra). He had grown a beard, which Shiva had never seen. When Sumitra first saw him, he was sitting in front of her and remained silent. She recognized him as Shiva's mother's brother, but was at first unable to give his name. He then spoke a few words, and she immediately recognized his voice and stated his name.

6. Manish, Shiva's nephew (the son of her sister Uma). This recognition occurred in Etawah on November 22, 1985. Sumitra was at the Tripathi house on an upstairs terrace. One of Shiva's brothers, noticing Uma and Manish approaching, drew Sumitra's attention to them. Sumitra looked down and said "Manish has come." Sumitra went down from the terrace, hugged Uma, and called her "sister." However, this cannot count as a flawless recognition, because Ram Siya Tripathi had already shown Sumitra a photograph of Uma (see below).

7. Krishna Devi Dube, a friend of Shiva's youth. This recognition occurred at Sikandarpur when Sumitra visited her mother-in-law's family, in February 1986. More than eight years earlier, Krishna Devi and Shiva had known each other when Shiva used to visit one of her maternal uncles (Brijesh Pathak) in the village of Kainjari, Krishna Devi's native place. When Krishna Devi married, she moved to Sikandarpur and had not met Shiva for more than eight years prior to Shiva's death. When Sumitra saw Krishna Devi, she said: "Jiji! How come you are here? I died and have come into a Thakur's family and am helpless." Shiva would have known normally that Krishna Devi had married and moved to Sikandarpur; nevertheless, the Shiva personality of Sumitra -if we may use that expression here-seemed surprised to meet Krishna Devi in Sikandarpur. Shiva, when alive, had called Krishna Devi "Jiji." This word means "sister," and although Shiva and Krishna Devi were not real sisters, close female friends in India may use this form of address with each other.

In addition to the above mentioned and other recognitions of living persons,

Sumitra was able to recognize 15 members of Shiva's family in photographs. When Ram Siya Tripathi first met Sumitra in Sharifpura, he showed her eight photographs in an album that he had brought. One was of his wife and children that was taken in 1967, that is, about 18 years earlier. Sumitra correctly identified all six persons in the photograph: Ram Siya Tripathi, his wife, his mother, his daughter Uma, his son Raman, and his daughter Shiva. Of the last, Sumitra said: "This is me."

Shown another photograph, this one of five of the Tripathi children, Sumitra correctly identified and named all the persons in the photograph. (Some of these persons figured in the previous photograph and in others shown to Sumitra.)

Another photograph showed three adult women, two of them holding infants. Sumitra identified Shiva's mother in it and said the child on her lap was Shiva's brother Raman. She then said that one of the other women was a maternal aunt. She said the third woman was possibly another aunt, but she was unsure of this, and she could not recognize the child on this woman's lap.

Upon seeing a photograph of Shiva's young son Tinku, Sumitra began to cry, said the photograph was of Tinku, and asked where Tinku and Rinku then were.

When a photograph of Shiva's sister-in-law Rama Kanti was shown to Sumitra, she said: "This is Rama Kanti who hit me with a brick." (Ram Siya Tripathi said Sumitra's recognition of this photograph dispelled his remaining doubts about whether his daughter Shiva was possessing her.)

In showing the photographs to Sumitra, Ram Siya Tripathi's attitude appears to have been one of keen interest mixed with skepticism. He said that as he showed Sumitra the photographs in the album, he asked her to identify the persons in them and gave her no cues. She gave the name of each person and usually the relationship of the person to Shiva. The villager, La1 Man Dube, who escorted Ram Siya Tripathi and his relative Baleshwar Prasad Chaturvedi to the house of Sumitra's in-laws in Sharifpura, witnessed Sumitra's recognitions of the photographs as Ram Siya Tripathi showed them to her. He confirmed that her recognizing statements about them were entirely spontaneous and not cued by any remarks the visitors made. We have described only a portion of the photographs she recognized, and we have examined the photographs ourselves. Excluding repetitionsof

the same person appearing in more than one of the photographs-sumitra was asked to identify 17 persons in the photographs. She unhesitatingly ' identified 12 of them, identified another three after some hesitation, and ~ failed to recognize two persons.

Ram Siya Tripathi showed the album of photographs to Sumitra when he first met her on October 20, 1985. Although he did not give her cues before she recognized each photograph, he did tell her after she had finished that she had recognized all the people in them correctly. We think it likely also that he communicated to her, if only nonverbally, that she was correct after her statements about each photograph, if not about each person in a photograph.

Under these circumstances, Sumitra had some advantage in recognizing persons she met later in Etawah whose faces she had already seen in the photographs. (We have referred to two of these persons above, Shiva's mother and sister.) However, Sumitra was credited with recognizing and identifying (usually by name) eight members of the family or their circle of friends, whose photographs she had not seen.

Some of the newspaper accounts of the death of Shiva and of the subsequent judicial inquiry included photographs of Shiva, but these were taken in 1979. The photographs of her as a child (which Sumitra recognized) and the photographs of other members of the Tripathi family had not been published.

In sum, Sumitra recognized 23 members of Shiva's family and acquaintances either in person or in photographs, some of them in both ways.

#### Sumitra's Failure to Recognize People and Places Familiar to Her:

After her revival from apparent death Sumitra could not recognize the people around her in Sharifpura, such as her husband and her in-laws; they all seemed complete strangers to her. Similarly, when her father came from Angad ka Nagla to see her, she did not recognize him. Ordinarily, she would have greeted him and called him "Father," but instead she said of him: "I do not know him." She was persuaded to go to Angad ka Nagla, and somewhat reluctantly agreed to do so. She said that she had no connections there and no interest in the place. In the village she recognized no one and seemed not to recognize any of the places with which Sumitra would have been familiar. Similarly, when Phool Mala, Sumitra's older cousin who had in effect

raised her from the age of five, went to see her in Sharifpura, she did not recognize her; nor did she recognize Phool Mala's husband, Risal Singh. Sumitra, after her revival, showed no interest in her husband and child. She refused her husband's amatory advances for some time and did not acknowledge that her child was hers. Instead, she asked about Shiva's two children. Over a period of some days and weeks, she gradually came to accept her husband and son and to respond appropriately to them. Of her child she said (while still insisting that she was Shiva, not Sumitra): "If I look after this child [meaning Sumitra's son] God will take care of them [meaning Shiva's children]. If I neglect this child, would God not punish me?"

Under this heading we may mention also Sumitra's disorientation for place. For example, when her mother-in-law took her out to the fields for natural functions-the usual site for these in Indian villages-she seemed nonplussed and asked what they were doing in the fields. When her mother-in-law explained, she said: "We have a latrine inside the house [meaning in Etawah and Dibliyapur]." This was correct for both the house of Shiva's parents and that of her in-laws.

#### Sumitra's Changed Behavior After Reviving

We have already described Sumitra's initial failure (after her revival) to recognize the people around her in Sharifpura, and how, after neglecting her husband and child, she gradually resumed more or less normal relations with them. However, she said that her son was Jagdish Singh's child from his first marriage. Her attitude toward members of the family of her in-laws was that they were good people and, as she was thrust among them, she would be

as gracious about the necessary adjustment as she could be. Nevertheless, there remained important differences in her behavior compared with that before her apparent death and revival. We shall now describe some of these changed behaviors.

Sumitra's Different Identification of Herself and Modes of Addressing Other Persons: Sumitra obstinately insisted that she was Shiva and sometimes would not respond or carry out a request unless she was called Shiva. She addressed her husband, Jagdish Singh, as "Thakur Sahib," showing respect, but distance. Previously she had called him (with the indirection Indian wives commonly use) "Guddi's brother." (Guddi was Jagdish's sister.) Formerly

Sumitra had called her father-in-law by a Hindi word "chacha," meaning an uncle; now she called him "Father." Formerly she had called her mother-in-law by a word, "Ammamma," for mother; now she addressed her by another, more respectful word for mother, "Mataji."

In the month following Sumitra's apparent death and revival, a particularly poignant episode occurred. At that season (August) it is customary in northern India for women to show their loyalty to their brothers by tying a short length of string around a brother's wrist. This is known as the rakhi ceremony, and Hindus attach great importance to it. When Sumitra's brother came to Sharifpura and asked her to return with him to Angad ka Nagla for the rakhi ceremony, she refused saying she knew no one at Angad ka Nagla. The brother began weeping and begged her to tie the rakhi string on him. She still refused and began to weep herself saying that she had no brothers near her to whom she could tie the rakhi string. (We have our account of this episode only from Sumitra and have not learned about it from Sumitra's family.)

**Different Style of Dress:** Sumitra changed her style of dress. She wore her sari in a different manner and put on sandals, which Sumitra, like most village women, had rarely worn. Her new habits of dressing accorded with Shiva's style.

**Caste Snobbery:** After her revival Sumitra showed, for a time, a definite hauteur toward her in-laws, the Singhs. Thinking of herself as Shiva, a Brahmin, she regarded them, Thakurs, as inferior.

On the occasion of Sumitra's first journey to Etawah with Shiva's father, Ram Siya Tripathi, and her husband, Jagdish Singh, the group stopped at the home of Baleshwar Prasad Chaturvedi in the village of Umrain. After they had eaten a meal, Sumitra told Jagdish Singh: "Please wash the plates and utensils you used. You are a Thakur and they are Brahmins. It does not matter for me [meaning about her plates and utensils], because I am one of them."

**Sumitra's Increased Literacy:** Sumitra could read a little, and she was able to write letters and occasionally did so. However, the testimony of informants was concordant that she had never attended school and had attained

only a very limited knowledge of reading and writing. After her revival she showed a marked improvement in her ability to read and write. We observed her in both of these activities and found her able to read and write Hindi with great facility. However, we wish to emphasize that the significant change in Sumitra's literacy was not in her basic ability to read and write but in her fluency in these activities and in her interest in writing. Whereas formerly she only wrote a letter occasionally, after the change in her personality she wrote letters and postcards often to Shiva's family in Etawah.

Other Unusual Behavior: Ram Siya Tripathi said that he noticed in Sumitra some behavior that he regarded as characteristic of Shiva, such as a certain boldness and a tendency to joke. Her husband said that Sumitra, before her apparent death and revival, would usually get up at about 6:00 a.m.; after her death and revival she got up much earlier, at about 4:00 a.m. Shiva had been an early riser; her father said that she used to get up at 5:00 to 5:30 a.m.

and even earlier in the summers. One of her uncles commented to us that Shiva used to go to bed earlier and get up earlier than other members of the family. However, we recognize that traits such as we have mentioned in this section are difficult to appraise, and we think they are less important than the others we have mentioned.

#### Discussion:

We propose to discuss what we believe are the four principal interpretations of the case: fraud; cryptomnesia (source amnesia) with secondary personality; secondary personality having paranormal knowledge; and possession of Sumitra's body by the deceased Shiva.

#### Fraud:

We think we can exclude a hoax perpetrated by Sumitra alone. A barely literate village woman in India could not have obtained detailed accurate information about another woman who lived 100 km away without assistance.

If there was a hoaxing team, who composed it? Sumitra's husband, as a man, could move around more easily than Sumitra, but he was not in a



position to go to places like Dibiyapur and Etawah in order to search out unpublished details about the life of Shiva. It has been suggested that the exorcist Vishwa Nath, who had access to Sumitra (although probably never alone) before and after her apparent death and recovery, might have obtained

information about Shiva and coached Sumitra with the details of which he had knowledge. However, this suggestion also, in our view, fails to take account of the information Sumitra had of the private life of the Tripathi family, and it fails to explain her ability to recognize 23 strange persons in person or in photographs.

Shiva's in-laws at Dibiyapur had all the information included in Sumitra's statements about Shiva's life and death, but they were already incriminated in Shiva's death and had an interest, therefore, in Sumitra's silence. Sumitra's "Shiva personality" was saying publicly that Shiva's in-laws had murdered her, and the in-laws could not be suspected of promoting this view of Shiva's death.

Shiva's parental family also had the information included in Sumitra's statements. Ram Siya Tripathi might have collaborated in a hoax. In talking with us, he himself mentioned this possibility. When we asked him whether he thought Sumitra might have learned normally about Shiva he said: "No. If she had done that how could she recognize me and members of my family?" Then he spontaneously added: "People say I have made this case up, but why would I do that? I am gaining nothing, and my [legal] case [against Shiva's in-laws] will not be improved. Sumitra cannot be a witness. I am not getting my daughter back." We think he is correct on these points. Sumitra and her in-laws might have gained a little status from the change in her behavior and from the social elevation of a "new" family member from the Thakur caste to the Brahmin one. In addition, her husband, who had been away a lot prior to the change, was staying at home more than he had before and presumably giving her more attention. However, all these possible gains seem to us minuscule.

Cryptomnesia:

The interpretation of cryptomnesia with secondary personality suggests that Sumitra somehow obtained information about Shiva's life normally without being aware that she had done so and also without her family being

aware of this. She would then have used the information in the construction of a secondary personality (Stevenson, 1983b). As mentioned, information published in the newspapers about Shiva's death may have reached persons in Sharifpura, even though we found no evidence that it had. The next steps are, however, difficult to imagine. How could the published information and much else besides have been passed on to Sumitra without others being aware that this had happened? Moreover, how could information in a verbal form have enabled Sumitra to recognize many members of Shiva's family in person and in old photographs? Such recognitions depend on tacit knowing that cannot be conveyed in words (Polanyi, 1966).'

Apart from the newspapers there were the traders who went between Sharifpura and Etawah and the women of the neighboring village of Murra who were married in Dibiyapur or nearby. The latter group particularly drew our attention. If one or two of them had brought the news of Sumitra's death, revival, and changed personality to Dibiyapur, could they not also have been conduits for information from Dibiyapur about Shiva's death and other details of her life? We spent considerable time both at Dibiyapur and Murra in probing for ways in which this might have happened, and we cannot see any way in which it could. Although Murra and Sharifpura are only 2 km apart by road (and closer across the fields), there is little intercourse

between the villages except on special occasions. Because they are so close, they are considered twin villages and each is inside the other's boundaries

for acceptable exogamy; therefore, there are no marriages between the two villages. At the same time, the villages are far enough apart so that the inhabitants of one do not meet those of the other when they are at work in their fields. One informant of Sharifpura, who lived less than 60 m from Sumitra's house (and was distantly related to her), assured us that it would have been "impossible" for women of Murra to have told or taught Sumitra what she knew about Shiva's family. Again, even supposing that the women of Murra had brought back and somehow conveyed to Sharifpura some news of Shiva's death, such knowledge as they may have had would not have accounted for all of Sumitra's knowledge of Shiva's private life and for her ability to recognize so many persons known to Shiva, but whom Sumitra had never seen before.

### Secondary Personality With Paranormal Knowledge:

Most secondary personalities do not demonstrate paranormal knowledge;\* but a few exceptions have occurred, and the case of Doris Fischer (Prince, 19 15- 19 16, 1926) belongs in this small group. There is no evidence that Sumitra had any powers of extrasensory perception before her apparent death and revival. However, if she somehow acquired such powers she might conceivably have obtained information paranormally about the life and death of Shiva and then developed a secondary personality with that information. The sudden enhancement of Sumitra's ability to read and write makes the case parallel to that of Pearl Curran; she was a person of extremely modest education whose secondary personality, "Patience Worth," wrote a series of remarkable historical novels that seemed far beyond the normal capacities of Mrs. Curran (Litvag, 1972; Prince, 1927). However, "Patience Worth" showed little evidence of telepathy and certainly nothing like what Sumitra demonstrated, if we attribute her knowledge of details of Shiva's life to that process.

### Possession:

The evidence that Sumitra's case provides of paranormally acquired information invites comparison between it and the cases of Lurancy Vennum (Hodgson, 190 1 ; Stevens, 1 887) and Maria Talarico (Giovetti, 1985; Scambio, 1939). However, these were cases in which the change of personality was so marked that the term possession seemed applicable to them. And this is the fourth interpretation we wish considered for the present case. If the other interpretations we have mentioned should be set aside as inadequately accounting for all the facts of the case, we are led to consider that a drastic change of personality occurred. When personality becomes altered unrecognizably, taking on the attributes and the knowledge a deceased personality was known to have, it may be best to speak of the change as a type of possession or reincarnation. Although we do not dogmatically assert that this is the correct interpretation of this case, we believe much of the evidence makes it the most plausible one...

**Report 2:****Shiva sumitra rebirth case 2:**

The Shiva-Sumitra reincarnation case is a fascinating and unusual phenomenon that has been investigated by multiple researchers. Let's delve into the details:

**1. Shiva Tripathi:**

- Shiva Tripathi was born on October 24, 1962, into a Brahmin family in India.
- She grew up in the city of Etawah and obtained a BA in home economics.
- Shiva entered into an arranged marriage and faced animosity from her in-laws due to her education and urban manners.
- Tragically, in late May 1985, Shiva's in-laws forbade her from attending an exam or a family wedding. The next morning, her body was found on railway tracks, with severe head injuries. Her in-laws claimed she had thrown herself in front of a train<sup>1</sup>.

**2. Sumitra Singh's Transformation:**

- Sumitra Singh, from the same district, appeared to die and then revived.
- She lost awareness of her former personality but exhibited the knowledge, behaviors, and personality traits of Shiva Tripathi.
- Sumitra accurately recognized Shiva's family members and related to them appropriately.
- The Tripathi family accepted Sumitra as Shiva in a different body, and she retained this new identity for the rest of her life.
- Researchers have interpreted this case variously as one of reincarnation, possession, or both<sup>1</sup>.

**3. Intermission Period:**

- The intermission period refers to the time between Shiva's death and Sumitra's revival.
- In this case, the intermission period was approximately two months. Shiva Tripathi died on May 18, 1985, and Sumitra died and was revived with Shiva's personality on July 19, 1985.
- During this time, Sumitra transitioned from her former self to embodying Shiva's personality and memories<sup>1</sup>.

Shiva was murdered by her in-laws. The intermission period between Shiva's death and Sumitra's death and Sumitra's return as Shiva was very brief. Shiva Tripathi died on May 18, 1985, and Sumitra died and was revived with Shiva's personality on July 19, 1985. This makes the intermission period about 2 months.

During this period, Shiva reported having a vivid experience in the afterlife. She described being killed and then finding herself in a hellish realm where she encountered Yama, the ruler of hell. In this realm, she witnessed sinful people being punished by monstrous beings. However, due to her some good karma, Yama offered her a chance to return to human life, leading to her reincarnation in Sumitra's body.

#### 4. Verified Statements and Recognitions:

- Sumitra made accurate recognitions of Shiva's family members, demonstrating her connection to Shiva's life.
- The transformation was so profound that Sumitra's new identity persisted until the end of her life<sup>1</sup>.

#### 5. Possession, Reincarnation, or Both?:

- Researchers have grappled with the nature of this case.
- Was it a form of possession, where Sumitra embodied Shiva's consciousness?
- Or was it a genuine reincarnation, where Shiva's soul inhabited Sumitra's body?
- The answer remains elusive, and this case challenges our understanding of consciousness and identity<sup>1</sup>.

In summary, the Shiva-Sumitra case exemplifies the mysterious interplay between life, death, and identity, leaving us with more questions than answers<sup>1</sup>.

Source:

(1) Sumitra/Shiva (replacement reincarnation case) | Psi Encyclopedia - SPR.  
<https://psi-encyclopedia.spr.ac.uk/articles/sumitrashiva-replacement-reincarnation-case>.

(2) Claims of Reincarnation: An Empirical Study of Cases in India, by ... - SPR.  
<https://www.spr.ac.uk/book-review/claims-reincarnation-empirical-study-cases-india-satwant-k-pasricha>.

(3) Reincarnation Cases with Intermissions of Less Than Nine Months.  
<https://psi-encyclopedia.spr.ac.uk/articles/reincarnation-cases-intermissions-less-nine-months>.

(4) A Case of the Possession Type in India With Evidence of Paranormal ....  
<https://med.virginia.edu/perceptual-studies/wp-content/uploads/sites/360/2016/12/STE29Stevenson-1.pdf>.

### **Report 3**

Sumitra Shiva replacement reincarnation case details:

In 1985, a young married woman named Sumitra Singh from a village in northern India appeared to die and then revived. After a period of confusion, she stated that she was Shiva, a woman who had been murdered by her in-laws in another village two months earlier. Sumitra was able to accurately recognize Shiva's family members and relate to them in the appropriate customary manner. Shiva's family accepted Sumitra as Shiva in a different body, and she retained this new identity for the rest of her life. This highly unusual case was investigated by multiple researchers and has been interpreted variously as one of reincarnation, possession, or both.

Shiva Tripathi was born on October 24, 1962, in Sevpur in the Etawah District of India. She was a member of the Brahmin caste, and her father, Ram Siya Tripathi, was a lecturer in a college. Shiva grew up in Etawah and attended school and college, graduating with a B.A. in Home Economics. At the age of 18 and a half, she was married to a man named Chhedi Lal, who lived in the village of Dibiyapur. Shiva had two children, nicknamed Tinku and Rinku, and lived in her in-laws' house.

Friction developed between Shiva and her in-laws, who were irritated by her education and manners or considered her dowry insufficient. A serious quarrel occurred in May 1985, when Shiva was forbidden to attend a family wedding. On the evening of May 18, Shiva's maternal uncle by marriage, Brijesh Pathak, visited the family and learned of the quarrel. Shiva was crying

and told him that her mother-in-law and one of her sisters-in-law had beaten her. The next morning, Shiva's body was found on the railway tracks at the nearby station of Phaphoond. Her in-laws said that she had thrown herself in front of a train, but there were rumors that they had murdered her.

Sumitra Singh was born around 1968 in Angad ka Nagla in the Etawah District. She was a member of the Thakur caste, one level below the Brahmins. Sumitra never attended school but was taught rudimentary reading and writing by a cousin who had attended school only for a year or two. When Sumitra was 13, she was married to Jagdish Singh of the village of Sharifpura, and she moved in with his family. After three years of marriage, she gave birth to a boy in December 1984.

In early 1985, Sumitra began to have episodes of loss of consciousness, in which her eyes would roll upward and she would clench her teeth. These episodes varied in duration from a few minutes to a full day. Sometimes she would say afterward that she had been possessed by the goddess Santoshi Mata, of whom she was a devotee. On two occasions, she was briefly possessed by communicating personalities, one a woman who had drowned herself in a well and the other a man from another part of India. Sumitra's family sought the aid of local healers, to no avail.

On July 19, 1985, Sumitra predicted that she would die three days later. That same day, she lost consciousness and appeared to die. Eyewitnesses agreed that her respiration and pulse stopped, and her face drained of blood for at least five minutes. But as her family members began mourning her, she came back to life. Her identity appeared to have completely changed; she now called herself Shiva Tripathi.

The case was first investigated by reincarnation scientist Ian Stevenson and Satwant Pasricha independently, having been brought to their attention in October 1985 when each was sent a newspaper article about it. They interviewed witnesses and members of Shiva's and Sumitra's families and also studied newspaper reports of Shiva's death and the murder allegation. They also viewed photos of Shiva's family members whom Sumitra had correctly identified. Psychologist Parmeshwar Dayal carried out a concurrent investigation and presented it at a conference in March 1987. He interviewed

Sumitra and the families and had people who knew Sumitra well complete a psychological questionnaire. He also performed a Rorschach test on Sumitra and had a handwriting analysis done on three letters, two written by Shiva and another said to have been written by Sumitra following her transformation.

Two later attempts at follow-up investigations were made, but Sumitra and her husband could not be contacted. In 2009, Antonia Mills and Kuldip Dhiman learned from the Singh family in Sharifpur that Sumitra had died in 1998 and Jagdish in 2008. They obtained two previously unpublished letters written by Shiva and Sumitra after her changeover and interviewed Shiva's parents, sister, brother, and other relatives, Shiva's husband, son, and mother-in-law, and Sumitra's brother-in-law, sister-in-law, and other associates. The purpose of this follow-up investigation was to reassess the case, learn whether Sumitra had continued to identify as Shiva, and compare the case with other cases of possession and reincarnation.

When Sumitra awakened, she did not recognize her surroundings or the people around her. She spoke very little for a day and then began saying that her name was Shiva and that she had been murdered by her in-laws in Dibiyapur. She wanted nothing to do with Sumitra's husband and infant son but wanted to be taken to see Shiva's two children. She stated many details about Shiva and her life that the researchers learned from relatives who had been witness to the statements.

Sumitra's family thought she had gone insane or was possessed, so they made no attempt to verify the stated facts. Because she was deemed possessed, she was "cruelly tortured continuously for a long period by Ohjas (exorcists or spirit healers) for redemption and cure." But she remained in the Shiva persona.

Shiva Tripathi was murdered by her in-laws on May 18, 1985. Two months later, on July 19, Sumitra Singh died and was revived with Shiva's personality. During the intermission period between her death and rebirth, Shiva had a vivid experience in the afterlife. She found herself in a hellish realm ruled by lord Yama, where she witnessed sinners being punished by monstrous beings. However, due to her some good karma, Yama offered her the chance



to return to human life, resulting in her reincarnation in Sumitra's body. After being awakened in Sumitra's body, Shiva claimed to have memories from the intermission period. She said that she was brought before god Yama and saw people with their feet turned backward, being punished according to their karma. The goddess Santoshi Mata helped her by hiding her under Yama's seat and feeding her. After several days, Sumitra begged Yama for mercy, and he agreed to send her back for seven more years of life.

Stevenson and his colleagues were careful to ascertain that the two families had not been in contact before these events. Dibiyapur and Sharifpura are about 60 miles apart, and the families were of different castes and educational levels and followed very different lifestyles, one urban and professional and the other rural and agricultural. They also compared Sumitra's statements with the newspaper reports to identify information that was not contained in them. They counted 19 correct statements from Sumitra that were not given in any newspaper report, showing apparent paranormal knowledge of Shiva's life and possessions.

Shiva's father, Ram Siya Tripathi, heard a rumor that his deceased daughter had possessed a girl in Sharifpura. He visited Sumitra on October 20, 1985, and showed her some pictures in a photograph album. She correctly identified all six family members in a photograph taken 18 years earlier, five of the Tripathi children in another picture, and Shiva's mother, brother, and maternal aunt in a third. Upon seeing a photo of Shiva's young son Tinku, Sumitra began to cry and asked where Tinku and Rinku were. Upon seeing a photo of Shiva's sister-in-law, she said, "this is Rama Kanti, who hit me with a brick." This statement convinced Tripathi that Sumitra was his daughter returned. Of 17 people in eight photographs, she identified 12 without hesitation and three with some hesitation, failing to recognize only two.

Sumitra recognized 23 of Shiva's relatives and friends either in person, in photographs, or both. She was no longer able to recognize people in her own family, including her husband, nine-month-old son, in-laws, father, cousin, and cousin's husband. She was also confused about places, commenting that her family had a latrine inside the house, which was true of both homes in which Shiva had lived.

Sumitra's behaviors changed markedly after her transformation, being appropriate to a high-caste, educated woman. She now wore her sari in a more dignified way and wore sandals instead of going barefoot. She also became an early riser, as Shiva had been. Sumitra now refused to respond unless she was addressed as Shiva. She also became more formal in the way she addressed other people, including her husband and his parents. On the grounds of her higher caste, she behaved snobbishly towards her in-laws, even asking her husband to wash his plates and utensils while they were visiting a Brahmin home, since he was of a lower caste. She refused to participate in an important Hindu ritual in which a sister ties a string around her brother's wrist, despite her brother begging her to do so.

Sumitra refused at first to be intimate with her husband or acknowledge her baby son, claiming he was a product of Jagdish's previous marriage. However, she eventually accepted the roles of wife and mother while still insisting she was Shiva.

Prior to her transformation, Sumitra's level of literacy was rudimentary. She had never attended school and was taught only a little reading and writing by a cousin who herself had only one year of primary schooling. In contrast, Shiva had written frequently to her birth family following her marriage. After the transformation, Sumitra's ability to read and write improved strikingly. She was observed to be able to read and write Hindi with great facility, and her letter-writing became frequent. She often wrote to the Tripathi family, just as Shiva had.

During Mills's and Dhiman's investigation, they obtained five letters, two previously unpublished, written by Shiva and Sumitra after her transformation. In her letters to her parents following her marriage, Shiva wrote frequently that she missed them and expressed concerns about not having enough time to visit or write them or study for her B.A. She also asked to be kept posted on how her sister and friends were doing in their studies and shared news. The latest-dated letter, written five months before her death, reveals distress: "Every night I get scared in my dreams and sometimes I wake up screaming."

Sumitra's letter was written to Tripathi about five months after she reawakened as Shiva. The handwriting is hurried, less tidy, and with far more words crossed out. The tone is desperate, with Sumitra writing repeatedly that she doesn't like it here, pleading to be taken away, avowing that she is indeed Shiva, and even writing, "God is bad as he has dumped me here." Dhiman assessed the writing ability of Sumitra in this letter as at least Grade 10.

Mills and Dhiman note that the way Sumitra signed her letter and the expressed sentiments of missing her family bear similarities to Shiva's letter-writing habits and style.

In Ian Stevenson's assessment, although Sumitra's level of literacy had increased significantly, it still fell somewhat short of Shiva's. He compared the situation to "a master pianist sitting down to play a broken-down piano. It wouldn't sound the same as a highly-tuned piano. You have to allow for the new instrument."

Sumitra's family members in Sharifpur all reported that she remained "Shiva" to the end of her life, a period of 13 years. According to Jagdish Singh's younger brother Arjun, their mother "did feel odd about it, but later she got used to it."

For their part, Tripathi family members concurred that Sumitra had retained the persona of Shiva as long as they retained contact with her, up until 1988, and that it was somewhat hard for them. Three of Shiva's siblings all said independently, "You see the body, not the soul." Her sister Uma added that Sumitra "loved me the same way... only the face was different."

Ram Siya Tripathi recalled that Shiva had told him she was saddened to find herself in a strange body. She would point to a blemish on her foot and some marks on her face and tell him that these marks remind her that "this body is not mine." At first, the Tripathis welcomed Sumitra and Jagdish into the family, finding Jagdish a job in Etawah. But due partly to the social stigma of a man living with his wife's parents and partly to Jagdish's difficulty retaining employment, the couple returned to Sharifpur, and the Tripathis slowly distanced themselves from them. They were not aware that Sumitra had

passed away until Dhiman told them, and they were saddened at the loss of their "dharma daughter," that is, she who had returned due to cosmic justice.

During a visit to Dibiyapur, Mills and Dhiman learned that Shiva's sons Tinku and Rinku, now in their teens, had no memory of their mother. Rinku was being raised by his paternal aunt, the person suspected of killing Shiva.

The case of Sumitra raises questions about the nature of possession and reincarnation. Journalist Tom Shroder remarked that, while subjects in other cases investigated by Stevenson seemed entirely sane, "with Sumitra, you had something that looked almost like multiple-personality disorder." He was particularly puzzled about the episode in which "Shiva," occupying the body of Sumitra, gave way for a short time to the original "Sumitra." How could this be, if Sumitra had in fact died?

Stevenson created a typology of possession and reincarnation, ranging from partial temporary possession to complete temporary possession to complete permanent possession after birth to reincarnation. Of course, he could not be certain whether Sumitra's experiencing of herself as Shiva would turn out to be temporary or permanent until she died; only when Mills and Dhiman confirmed her death could the condition be considered permanent.

Reincarnation researcher James Matlock coined the term "replacement reincarnation" for cases in which one spirit replaces another permanently without the body dying, such as Sumitra's. Matlock notes that the replacement usually happens after an (often severe) illness and that only two age ranges have been observed so far: up to age three, most commonly, and more rarely, as with Sumitra, in the teen years.

Mills and Dhiman examined Sumitra's case in the context both of possession cases and reincarnation cases. They note that the duration of a possession can last from a short time to many years, so that for Sumitra to have experienced herself as Shiva for 13 years is not implausible. They observe that while typical reincarnation cases often feature birthmarks or birth defects that echo wounds or injuries sustained by the previous person, this tends not to happen with possession cases, presumably because the body is

already formed. Following her transformation, Sumitra showed no birthmark reminiscent of the fatal wound to Shiva's head.

The super-psi hypothesis can also be invoked in cases of the reincarnation-possession type. Philosopher Stephen Braude suggests it may apply in the Shiva-Sumitra case. For instance, he points out that every time Sumitra was asked if she recognized a person, someone was present who knew the answer, making telepathic transfer among the living a plausible alternative to reincarnation or possession. But in that case, what would the underlying motivation have been? Braude suggests that Sumitra might have constructed the Shiva personality psychically to achieve one or both of two possible objectives: a promotion in caste and/or increased attention from her husband, which she presumably yearned for after a childhood history of frequent abandonment, especially by male figures.

Braude also questions why, if Sumitra was genuinely Shiva, she did not move back in with her birth family and continue her relationship with her two infant sons. As for her increased literacy, he argues this can be explained by "latent faculties" that have been observed to emerge in cases of dissociative identity disorder.

However, Braude concedes that the consistency of Sumitra's ability to recognize individuals known to Shiva exceeds that of the best psychics. He also points to the "crippling complexity" that tends to weaken the force of super-psi as an explanation.

Responding to earlier statements by Braude of these ideas, Mills and Dhiman argue that evidence in reincarnation and possession cases convinces not just in terms of abilities or knowledge of facts but "the full embodiment and enactment of personality characteristics." It was this, they contend, that persuaded Shiva's relatives that Sumitra had indeed become Shiva. They also point out that Sumitra demonstrated no psychic ability, in contrast to mediums, who can apparently psychically contact any number of beings both living and dead. Furthermore, even though she had experienced short-term possessions by other spirits, she remained Shiva, never becoming Sumitra again except momentarily. They conclude that the case is "one of the strongest indicating that survival after bodily death can occur."

But as Shroder points out, it remains mysterious that Sumitra's original persona reappeared for a short time two years after Shiva's emergence, just once. Did she return and reclaim her body momentarily? Did her soul remain in the body, latent, and only come out at that time? The truth may never be known...

## **Choosing Our Social Circles Wisely: The**

### **First Lesson.**

In the labyrinth of life, our social circles act as both guides and mirrors, shaping our perspectives, choices, and destinies. One of the most profound lessons the journey offers is the importance of not associating with unintelligent, foolish individuals. Whether termed as "unwise," "stupid," or simply "fools," the ramifications of such associations extend far beyond mere inconvenience. They touch the very core of our personal growth, well-being, and moral fiber. Associating closely with unintelligent or foolish individuals can indeed contribute to our decline in various aspects. Here's why:

#### **1. Influence and Environment:**

The adage "birds of a feather flock together" holds true in the realm of human relationships. Our social environments significantly influence our thoughts, behaviors, and attitudes. Associating with individuals lacking intelligence or wisdom exposes us to negative influences, fostering unproductive habits or attitudes that hinder our progress.

## 2. Intellectual Stagnation:

Like stagnant water breeds mosquitoes, associating with unintelligent or foolish individuals can breed intellectual stagnation. Meaningful discourse and interactions with wise minds stimulate critical thinking and foster intellectual growth. Conversely, spending time with those lacking in intelligence or wisdom hampers our intellectual development, leading to stagnation.

## 3. Emotional Well-being:

Our emotional well-being is intricately linked to the quality of our relationships. Interacting with individuals exhibiting foolish or unwise behaviors can be emotionally draining and detrimental to our mental health. Negative attitudes, drama, and irresponsibility create stress and conflict, corroding our emotional well-being over time.

## 4. Values and Morality:

Our associations shape our ethical compass. Associating with individuals lacking wisdom or discernment may compromise our values or moral principles. Surrounding ourselves with morally upright and wise individuals reinforces ethical behavior and promotes personal integrity, anchoring us in our principles.

## 5. Productivity and Success:

Success leaves clues, and wise individuals often hold the keys to unlock doors to achievement. Associating with intelligent and wise individuals provides valuable insights, advice, and guidance that fuel personal and professional success. Their wisdom inspires motivation, goal-setting, and the pursuit of excellence.

## 6. Self-Reflection and Growth:

In the crucible of meaningful relationships, we forge our identities and aspirations. Interacting with individuals possessing intelligence and wisdom offers fertile ground for self-reflection and growth. Constructive feedback, meaningful conversations, and differing perspectives expand our horizons and propel us towards personal development.

## 7. Energy Drain:

Every interaction saps or replenishes our energy. Associating with unintelligent or foolish individuals drains our energy and enthusiasm. Dealing with irrationality, illogical thinking, or negativity exhausts us, diverting our focus from more meaningful pursuits.

#### 8. Risk of Misguidance:

Perhaps the gravest risk lies in being led astray by misguided beliefs or actions. Foolish individuals may unwittingly propagate misinformation or engage in reckless behaviors. Close association with unintelligent or foolish individuals increases the risk of being influenced by their misguided actions or beliefs. This proximity carries significant risks of misguidance, including susceptibility to misinformation, poor decision-making, potential ethical compromises, financial and legal jeopardy, damage to reputation, and hindrance to personal growth. Vulnerability to adopting erroneous beliefs, engaging in unethical behavior, and making unwise financial decisions is heightened in such associations. To mitigate these risks, exercising discernment in social connections, prioritizing relationships with intelligent and ethical individuals, and seeking guidance from trusted mentors are crucial strategies.

#### 9. Quality of Relationships:

Meaningful connections thrive on mutual respect, understanding, and shared values. Associations with unintelligent or foolish individuals may hinder the development of deep, meaningful connections, as intellectual stimulation and common ground are lacking.

#### 10. Cultivating a Positive Environment:

Our social ecosystems either nourish or poison our growth. Surrounding ourselves with intelligent or wise individuals fosters a positive, supportive environment conducive to personal and collective success. Such environments nurture mutual encouragement, constructive feedback, and a shared commitment to growth and excellence.

Education is a valuable asset that can contribute to intelligence or wisdom, but it does not guarantee them. Intelligence refers to the ability to acquire and apply knowledge and skills effectively, while wisdom encompasses broader aspects such as insight, judgment, and understanding gained



through experience, reflection, and critical thinking. While education can certainly enhance one's intelligence and provide a foundation for wisdom, these qualities are not exclusively tied to formal education.

Indeed, there can be educated individuals who lack intelligence or wisdom, commonly referred to as "educated fools." These individuals may have acquired academic credentials or knowledge in a specific field but may demonstrate poor judgment, lack critical thinking skills, believe only what their eyes can see or make unwise decisions in other aspects of their lives. Education alone does not guarantee sound judgment, ethical behavior, or emotional intelligence, which are crucial components of wisdom.

Conversely, there are individuals who may not have received formal education but demonstrate high levels of intelligence or wisdom. They may possess innate cognitive abilities, critical thinking skills, emotional intelligence, and a deep understanding of true nature, acquired through life experiences, self-reflection, and continuous learning, etc.

While education can contribute to intelligence and provide a foundation for wisdom, they are distinct concepts that encompass a range of qualities beyond academic knowledge. Intelligence and wisdom can be found in individuals regardless of their educational background, and it is possible for educated individuals to lack these qualities, just as it is possible for uneducated individuals to possess them.

Intelligence involves more than just the accumulation of knowledge; it encompasses the astute utilization of that knowledge, considering factors like providence and the natural laws governing the world. Furthermore, intelligence is demonstrated through the adept application of acquired knowledge to attain favorable outcomes.

In summary, associating closely with unintelligent or foolish individuals can have detrimental effects on various aspects of our lives. It not only limits our perspectives by exposing us to a narrow range of ideas but also hinders our ability to adapt and grow. Their negative influence, characterized by pessimism or irresponsibility, can gradually erode our mindset and habits, leading to a decline in our overall outlook. Furthermore, this association may

stagnate our growth by depriving us of intellectually stimulating conversations and learning opportunities. Additionally, aligning with such individuals increases the risk of making regrettable decisions and undermines our confidence and self-esteem over time. Therefore, prioritizing relationships with intelligent, wise, and ethical individuals is crucial for mitigating these risks and fostering an environment conducive to our continued growth, success, and well-being. In essence, our social circles profoundly impact our lives, and choosing to associate with positive influences aligns with the pursuit of personal growth, well-being, and ethical conduct. Cultivating supportive relationships with intelligent and discerning individuals ensures our journey through life is marked by wisdom and purpose...

## **Unanswered Questions and Challenges of the Big Bang Theory.**

The Big Bang Theory is a cornerstone of modern cosmology. It is a widely accepted scientific model that describes the universe's expansion from a very high-density and high-temperature state, approximately 13.8 billion years ago. The theory has been remarkably successful in explaining a wide range of observations, including the large-scale structure of the universe, the abundance of light elements, and the cosmic microwave background radiation. However, like any scientific theory, the Big Bang Theory is not without its challenges and unanswered questions. Here, we explore some of these issues.

### **1. The Singularity Problem:**

At the heart of the Big Bang Theory is the concept of a singularity - an infinitely small and dense point from which the universe is thought to have originated. However, our current understanding of physics breaks down when dealing with singularities. The laws of physics that govern the behavior of matter and energy at large scales (general relativity) and small scales (quantum mechanics) are incompatible with each other, making it difficult to understand what exactly happened at the moment of the Big Bang.

## 2. The Horizon Problem:

One of the most puzzling aspects of the Big Bang Theory is the horizon problem. This problem arises from the observation that different parts of the universe appear to have the same temperature and other properties, even though they are so far apart that they couldn't have interacted or influenced each other since the Big Bang. This suggests that some mechanism must have existed in the early universe to coordinate the properties of these distant regions.

## 3. The Flatness Problem:

Another challenge to the Big Bang Theory is the flatness problem. This refers to the fact that the universe appears to be "flat" (in terms of its geometry), rather than curved. A flat universe is a very precise condition that requires explanation, as it implies that the density of matter and energy in the universe is exactly balanced. Any small deviation from this balance in the early universe would have resulted in a universe that is either too dense (and thus collapses on itself) or too sparse (and thus expands indefinitely).

## 4. Dark Matter and Dark Energy:

The Big Bang Theory doesn't explain the nature of dark matter and dark energy, two mysterious components of the universe that together make up about 95% of its total mass-energy density. Dark matter is a hypothetical form of matter that does not emit, absorb, or reflect electromagnetic radiation, making it invisible to telescopes. Its existence is inferred from its gravitational effects on visible matter. Dark energy, on the other hand, is a

hypothetical form of energy that is thought to be responsible for the observed acceleration of the universe's expansion.

#### 5. Before the Big Bang:

Finally, the Big Bang Theory doesn't explain what (if anything) existed before the Big Bang, or what caused the Big Bang to occur. This is a fundamental question that lies beyond the scope of the theory, and it remains one of the most profound mysteries in cosmology. These unanswered questions have led to various modifications and extensions of the Big Bang Theory, such as the theory of cosmic inflation, and they are active areas of research in cosmology...

## **Buddhism, Hinduism, Jainism, and Sikhism.**

One of the most significant similarities among Buddhism, Hinduism, Jainism, and Sikhism is the belief in reincarnation and karma. Reincarnation is the concept that the soul or consciousness or mind of a living being is reborn in a new body after death. The quality of one's actions (karma) in this life influences their future existence, including the circumstances of their next birth.

The cycle of birth, life, death, and rebirth is known as samsara, and liberation from this cycle is a shared aspiration among these four religions. In Hinduism, the ultimate goal is to attain moksha, or freedom from samsara, and unite

with Brahman, the ultimate reality or supreme cosmic power. In Buddhism, the goal is to achieve nirvana element, a state of supreme enlightenment where suffering and individual existence cease. Jains strive to attain liberation of the soul (moksha) from samsara, and Sikhs seek to achieve a state of spiritual enlightenment and union with God.

Hinduism is known for its diversity of beliefs and practices, with a wide range of gods, rituals, and philosophical traditions. However, Hindus recognize the ancient Rishis and Vedas as authoritative sources of knowledge and the Brahmins as the priestly class. While some Hindus worship specific gods like Shiva, Vishnu, or Shakti, they view them as various manifestations of a single Ultimate Reality.

Buddhism, Jainism, and Sikhism also have their unique beliefs and practices, but they share a common thread of seeking to understand and connect with the ultimate reality, nature or supreme power. In Buddhism, the ultimate reality is often described as emptiness or soullessness, and the goal is to realize this reality through meditation and wisdom. Jains believe that the ultimate reality is the soul, which is eternal, pure, and distinct from the material world. Sikhs believe in a formless, omnipresent, and omnipotent God, and the goal is to achieve a state of union with God through devotion and spiritual growth.

Buddhism and Hinduism share a common cultural and historical background, and there are many similarities between their beliefs and practices. One of the fundamental beliefs of Buddhism is the Four Noble Truths, which describe the nature of suffering and the path to its cessation. The Buddhist concept of reincarnation is similar to the Hindu belief in samsara, and the goal of achieving nirvana element is analogous to the Hindu aspiration of moksha.

However, Buddhism also has its unique philosophical and ethical teachings, such as the Middle Way, the Noble Eightfold Path, and the Three Marks of Existence. The Middle Way is a path of moderation between the extremes of sensual indulgence and self-mortification. The Noble Eightfold Path is a set of guidelines for ethical conduct, virtue or discipline, concentration and wisdom, and it is the path that leads to the cessation of suffering and the attainment

of nirvana element. The Three Marks of Existence are impermanence, suffering, and non-self, and they describe the fundamental characteristics of existence.

Jainism and Hinduism share a common origin from the Vedic culture of ancient India, and there are many similarities between their beliefs and practices. Jains and Hindus both believe in the concept of reincarnation and karma, and they view the ultimate goal of life as freedom from the cycle of birth and death.

Jains and Hindus also share a common emphasis on non-violence (ahimsa) and compassion for all living beings. Jainism is known for its strict adherence to non-violence, including vegetarianism. Hindus also value non-violence and compassion.

Sikhism emerged from the Bhakti movement within Hinduism, which emphasized devotion to God and the equality of all creatures. Sikhism and Hinduism share a common cultural and historical background, and there are many similarities between their beliefs and practices.

One of the most significant similarities between Sikhism and Hinduism is the belief in a formless, omnipresent, and omnipotent God. Sikhs believe in the concept of Waheguru, which is often translated as "Wonderful Lord" or "One God." Hindus also believe in a supreme god, Brahman, which is often described as the ultimate reality or cosmic consciousness.

In summary, Buddhism, Hinduism, Jainism, and Sikhism are four distinct religions with their unique beliefs, practices, and histories. However, they share some common philosophical ideologies, such as the belief in reincarnation and karma, the aspiration for liberation from the cycle of birth and death, and the emphasis on non-violence and compassion for all living beings. These similarities reflect the common cultural and historical background of these religions and the universal human quest for meaning, purpose, and connection with the ultimate reality, nature or supreme universal power...

# The Limits of Folly.

The universe is a vast and complex place, full of mysteries and wonders that have captivated the human imagination for centuries. From the origins of life to the nature of consciousness, there are many questions that continue to elude even the most brilliant minds. However, not everyone is equally equipped to grapple with these complex and difficult questions such as different worlds, different planes, inequality of beings, invisible planes, karma, reincarnation, celestial beings and subtle natures. In this writing, we will explore the reasons why fools cannot comprehend the universe's intricacies and are not equal to wise men.

One of the primary reasons why fools are unable to comprehend the universe's intricacies is the importance or seriousness of intelligence and knowledge. The universe is a complex and ever-changing place, and understanding it requires a deep intelligence and nuanced understanding of many different fields of knowledge, including physics, meta-physics, philosophy, dharma, biology, religion, chemistry, nature and mathematics.

The universe is an incredibly complex and vast thing, and understanding how it works and how everything within it is interconnected is a challenging task for several reasons.

Firstly, the universe is constantly evolving and changing, which makes it difficult to comprehend its present state, let alone predict its future or understanding the past. Moreover, the universe operates at different scales, from the subatomic level to the cosmic level, and the laws that govern each scale can be vastly different, making it challenging to form a unified understanding of the universe.

Secondly, our understanding of the universe is limited by our perception and cognitive abilities. Our senses can only perceive a narrow range of the electromagnetic spectrum, and our brains or minds or consciousnesses have evolved to process information in a certain way, which can limit our ability to comprehend the universe's complexities.

Thirdly, the scientific study of the universe is a relatively recent endeavor, and there is still much that we do not know or understand. The scientific method is a slow and deliberate process, and it can take years or even decades to gather and analyze data, formulate and test hypotheses, and develop theories.

Lastly, the interconnectedness of the universe is a complex and abstract thing that can be difficult to grasp. The idea that everything in the universe is interconnected and that every action has a reaction can be challenging to reconcile with our everyday experiences and intuition.

Understanding how the universe works and how everything within it is interconnected is an extremely difficult task due to the universe's complexity, our limited perception, knowing and cognitive abilities, the relatively recent scientific study of the universe, and the abstract and complex nature of the concept of interconnectedness.

Fools, on the other hand, are often characterized by a lack of intelligence and knowledge. They may struggle to grasp even the most basic concepts and may be unable to think critically or creatively about the world or universe around them. This lack of intelligence and knowledge can make it virtually impossible for them to comprehend the universe's intricacies.

Another key difference between fools and wise men when it comes to understanding the universe's complexities is the role of critical thinking and reasoning. The universe is a place of many mysteries and uncertainties, and the path to understanding and discovery is often filled with twists and turns. A wise person is someone who is able to think critically and reason logically, to question assumptions and test hypotheses, to imagine, to realize and to navigate the complex and ever-changing landscape of scientific discovery.



Fools, on the other hand, are often characterized by a lack of critical thinking and reasoning skills. They may be easily swayed by superficial appearances or by the opinions of others, and they may struggle to separate fact from fiction in a complex and ever-changing world.

Finally, the differences between fools and wise men when it comes to understanding the universe's complexities can be understood in terms of the importance of curiosity and wonder. The universe is a place of endless discovery and exploration, and the path to understanding and appreciation is often paved with a sense of curiosity and wonder. A wise person is someone who is able to maintain a sense of curiosity and wonder, even in the face of adversity or uncertainty, and who is always eager to learn and discover new things.

Fools, on the other hand, may lack this sense of curiosity and wonder. They may be content with their limited understanding of the world, and they may be unwilling or unable to venture beyond the boundaries of their own experience and knowledge.

In addition to the above factors, the differences between fools and wise men can also be understood in terms of the importance of virtue and good character. Wise men are not only intelligent and knowledgeable but also virtuous and of good character. They are honest, just, compassionate, and humble, and they strive to do what is right, even in the face of adversity.

Fools, on the other hand, may lack these qualities of virtue and good character. They may be dishonest, selfish, or arrogant, and they may prioritize their own desires and interests above those of righteousness. This lack of virtue and good character can make it difficult for them to comprehend the universe's intricacies, as they may lack the moral and ethical framework necessary to understand and appreciate the complexities of the world around them and due to restless minds of them.

In summary, the limits of folly are significant and far-reaching. From the importance of intelligence and knowledge to the role of critical thinking and reasoning, to the importance of curiosity and wonder, and to the importance of virtue and good character, there are many reasons why fools cannot

comprehend the universe's intricacies and are not equal to wise men. By striving to become wiser and more enlightened, we can all aspire to be more like the wise men of history and to better understand and appreciate the complexities of the universe around us...

## The Natural Law of Cause and Effect.

The fact of cause and effect, often referred to as the chain of causation or the natural law, is a fundamental principle that helps us understand the interconnected nature of events in the world around us. This principle describes how one action or event leads to a result, which in turn leads to another result, creating a chain of linked events.

To illustrate the fact, let's consider a simple example:

1. Cause: You turn the key in the ignition of your car.  
Effect: The car engine starts.
2. Cause: The car engine starts.  
Effect: The car begins to move forward.
3. Cause: The car is moving forward.  
Effect: You steer the car to your desired destination.
4. Cause: You steer the car to your destination.  
Effect: You arrive at your destination.

In this scenario, the initial action of turning the key in the ignition sets off a series of subsequent events. Each event is the cause of the next effect, creating a continuous chain of causation until the final outcome is achieved.

The chain of causation is governed by three key principles:

1. **Temporal Sequence:** The cause must always precede the effect in time. In other words, the cause happens first, and then the effect follows.
2. **Necessary Connection:** There must be a direct and necessary connection between the cause and the effect. This means that the cause directly leads to the effect.
3. **Predictability:** If the same cause occurs under the same conditions, the same effect should follow. This principle allows us to predict future events based on past occurrences.

The doctrine of cause and effect is not just an abstract philosophical idea. It has practical applications in various fields such as science, engineering, economics, and even in our daily lives. It helps us make sense of the world, predict future events, and make informed decisions.

In science, for instance, the principle of cause and effect is used to formulate and test hypotheses. Scientists use this concept to predict the outcome of an experiment based on the conditions and variables they control.

In economics, the principle is used to predict the impact of certain policies or events on the economy. For example, an increase in interest rates by the central bank (cause) could lead to a decrease in borrowing and spending by consumers and businesses (effect).

In our daily lives, understanding cause and effect can help us make better decisions. For example, if we know that eating unhealthy food (cause) can lead to weight gain and health problems (effect), we can choose to maintain a balanced diet.

let's explore some examples of cause and effect chains in daily life activities and natural phenomena:

Walking:

Cause: You decide to take a step forward.

Effect: Your leg muscles contract, moving your leg and foot.

Cause: Your foot touches the ground.

Effect: Your body weight is transferred to the ground, creating a reaction force that propels you forward.

Cause: Your center of mass shifts forward.

Effect: Your other leg swings forward, and the process repeats, allowing you to walk.

Writing:

Cause: You decide to write something.

Effect: Your brain sends signals to the muscles in your hand and arm.

Cause: Your muscles contract and move your hand and fingers.

Effect: The pen or pencil you're holding makes contact with the paper, leaving a mark.

Cause: The marks on the paper form letters or symbols.

Effect: The written words convey meaning and information.

Using Technology:

Cause: You press a key on your keyboard.

Effect: The keyboard sends an electrical signal to the computer.

Cause: The computer's processor receives and interprets the signal.

Effect: The computer displays the corresponding character on the screen.

Cause: The displayed character is part of a larger document or program.

Effect: The document or program is saved, shared, or executed, leading to further actions and results.

Natural Actions:

Cause: Warm, moist air rises, creating a thunderstorm.

Effect: The rising air creates a difference in electrical charge between the clouds and the ground.

Cause: The electrical charge builds up until it discharges in the form of a lightning bolt.

Effect: The rapid heating of the air by the lightning bolt creates a shockwave, producing the sound of thunder.

Cause: The sound of thunder travels at a slower speed than the speed of light.

Effect: The time delay between seeing the lightning and hearing the thunder can be used to estimate the distance of the lightning strike.

#### Body & Mind:

Cause: You have a thought or experience an emotion.

Effect: Your brain releases neurotransmitters, chemical messengers that carry signals.

Cause: The neurotransmitters travel to different parts of your body through the nervous system.

Effect: Various body parts, like your heart, lungs, and muscles, respond to these signals.

Cause: The responses in your body lead to physical sensations or actions.

Effect: These physical sensations or actions can feedback to your brain, influencing further thoughts and emotions.

(For example, if you think about a stressful situation, your brain might release adrenaline. This chemical signal travels to your heart, causing it to beat faster, and to your muscles, preparing them for action. As a result, you might feel a racing heartbeat and tense muscles, which your brain interprets as signs of stress, potentially perpetuating the cycle.)

#### Bodily Natures:

Cause: You have a sexual thought or encounter a sexually arousing stimulus.

Effect: Your brain releases neurotransmitters, such as dopamine and norepinephrine, which trigger a sexual response.

Cause: The neurotransmitters travel to the genital area through the nervous system, causing blood vessels to dilate.

Effect: Increased blood flow to the genitals leads to physical changes, such as an erection in the penis or swelling and lubrication in the vagina.

Cause: The physical changes in the genitals, along with continued sexual stimulation, can lead to orgasm.

Effect: Orgasm results in the release of hormones, such as oxytocin and endorphins, which create feelings of pleasure, relaxation, and closeness to a partner.

In each of these examples, a single action or event leads to a series of interconnected results, creating a chain of cause and effect. Comprehending the relationships between causes and effects is vital for interpreting the world around us, anticipating results, and addressing challenges in numerous fields. The natural law of cause and effect serves as a potent instrument, guiding us through the intricacies of the world. By grasping the sequence of causation, we can forecast, strategize, and make choices that steer us towards our desired goals.

The natural principle of cause and effect is a fundamental cornerstone of our understanding of the universe. Everything that happens in the world is the result of one or more causes, and scientists are keenly aware of this fact, which they refer to as the natural law of cause and effect. Science is deeply rooted in the exploration and comprehension of cause and effect relationships, which in turn, drives the progress of technology.

Science engages with the fact of cause and effect through a systematic and rigorous process:

#### 1. Observation and Hypothesis:

Scientists begin by observing the world around them, identifying patterns or phenomena that they wish to understand. Based on these observations, they formulate hypotheses about the potential causes and effects underlying the observed phenomena.

#### 2. Experimentation and Data Collection:

To test their hypotheses, scientists design experiments that manipulate specific variables (potential causes) and observe the resulting changes (effects). They collect data systematically, measuring and recording the relevant variables and their relationships.

#### 3. Establishing Causal Relationships:

Scientists analyze the data from their experiments, looking for consistent patterns and correlations between the manipulated variables (causes) and the observed outcomes (effects). They use statistical methods and logical reasoning to determine whether the observed relationships are likely to be causal, rather than just coincidental.

#### 4. Developing Theories and Models:

When scientists can reliably establish causal relationships through repeated experimentation and observation, they develop theories and models that explain the underlying mechanisms and principles. These theories and models help scientists make predictions about future events and guide further research.

#### 5. Refining and Validating Causal Explanations:

As new evidence emerges, scientists continuously refine and validate their causal explanations, either confirming or modifying their theories and models. This iterative process of testing, refining, and validating causal relationships is the foundation of scientific progress.

#### 6. Establishing Causality in Complex Systems:

In many scientific fields, such as biology, ecology, and social sciences, the relationships between causes and effects can be complex, with multiple interacting variables. Scientists use advanced statistical techniques and systems-level approaches to untangle these complex causal relationships and understand the underlying mechanisms.

The law of cause and effect is of paramount importance in the fields of science and technology for several key reasons:

##### 1. Understanding Mechanisms and Processes:

Identifying causal relationships is essential for understanding how natural and technological systems work. By tracing the chain of causation, scientists and engineers can uncover the underlying mechanisms and principles that govern various phenomena, leading to the development of more accurate models, theories, and predictive capabilities.

##### 2. Establishing Reliable Explanations:

The scientific method relies heavily on the ability to establish causal relationships through experimentation and observation. By demonstrating that a specific cause leads to a particular effect, scientists can build a robust and reliable body of knowledge, which forms the foundation for scientific theories and laws, providing explanations for natural phenomena.

### 3. Enabling Prediction and Control:

Once causal relationships are established, scientists and engineers can use this knowledge to predict future events and outcomes. This predictive power is crucial for making informed decisions, planning, and designing effective solutions. Furthermore, understanding cause and effect allows for the manipulation and control of systems, enabling the development of new technologies and the optimization of existing ones.

### 4. Troubleshooting and Problem-Solving:

In the realm of technology, the ability to trace the chain of causation is essential for troubleshooting and problem-solving. By identifying the root causes of issues, engineers can develop targeted solutions and prevent the recurrence of problems. This causal reasoning is particularly important in fields like computer science, where complex software and hardware systems require a thorough understanding of the underlying causal relationships.

### 5. Advancing Scientific and Technological Progress:

The continuous exploration and refinement of causal relationships drive the advancement of science and technology. As new discoveries are made and causal explanations are improved, it leads to the development of more accurate models, innovative technologies, and a deeper understanding of the world around us. This progress, in turn, enables further scientific and technological breakthroughs, creating a cycle of continuous improvement and discovery.

In summary, the natural law of cause and effect is fundamental to the scientific and technological endeavors, as it provides the framework for understanding, predicting, and controlling the natural and artificial world. By rigorously investigating causal relationships, scientists and engineers can unlock the secrets of the universe and create transformative technologies that improve our lives...



# Spiritual Truth Seeker.

The human journey is a complex and multifaceted one, filled with a myriad of experiences, challenges, and opportunities for growth. One of the most profound and transformative paths that a person can embark on is the path of the spiritual truth seeker. This writing aims to explore the importance of becoming a spiritual truth seeker, the significance of discovering eternal nature, and the quest for liberation from the cycle of birth and death.

The path of the spiritual truth seeker is a journey of self-discovery, inner transformation, and the pursuit of the ultimate truth or reality. It is a journey that requires courage, openness, and a deep commitment to personal and spiritual growth.

Becoming a spiritual truth seeker is important for several reasons. Firstly, it allows us to question and explore the nature of existence, the purpose of life, and the mysteries of the universe. This can lead to a deeper understanding of ourselves, others, and the world around us. Secondly, it encourages us to look within and embark on a journey of self-discovery and inner transformation. This can lead to greater self-awareness, emotional intelligence, and spiritual maturity. Lastly, it invites us to connect with a higher nature, a deeper truth, or a greater reality, which can provide a sense of meaning, purpose, and spiritual fulfillment.

Finding the Eternal Nature:

The idea of the eternal nature refers to the enduring, timeless aspect of existence. In many spiritual traditions, it is believed that beneath the surface of our physical bodies and our transient thoughts and emotions, there is a

deeper, more enduring aspect of our being. This is often referred to as the soul, the spirit, the mind or the true self.

Finding and connecting with eternal nature is significant for several reasons. Firstly, it can provide a sense of stability, peace, and inner strength in the face of life's challenges and changes. Secondly, it can help us to transcend the limitations of our physical bodies and our ego-centered identities, and to experience a deeper sense of interconnectedness with all beings. Lastly, it is a deathless eternal nature which we must have.

In many spiritual traditions, the ultimate goal of the spiritual truth seeker is liberation or freedom from the cycle of birth, death, and rebirth. This is often referred to as Moksha in Hinduism and Nirvana in Buddhism.

In summary, the path of the spiritual truth seeker is a journey of courage, exploration, and transformation. It is a journey that invites us to question, to seek, and to discover. It is a journey that encourages us to look within, to grow, and to transform. It is a journey that connects us with the eternal, the timeless, and the divine. The spiritual truth seeker seeks the the ultimate truth of the universe. In a world that often emphasizes the superficial and the transient, the path of the spiritual truth seeker is a valuable reminder of the depth and the enduring nature of the human spirit...

## **Dark Matter: The Mysterious Invisible Component of the Universe.**

Dark matter is one of the most intriguing and mysterious concepts in modern astrophysics and particle physics. It is a hypothetical form of matter that does not emit, absorb, or reflect electromagnetic radiation, which means it cannot be directly detected using traditional astronomical tools that rely on light. Instead, its existence and properties are inferred through its gravitational effects on visible matter, radiation, and the large-scale structure of the universe.

The exact composition of dark matter is currently unknown, and it remains one of the biggest unsolved mysteries in science. It's not made up of the same particles that constitute ordinary matter, such as protons, neutrons, and electrons. Dark matter particles also don't interact with the electromagnetic or strong nuclear forces in the same way as ordinary matter, which makes them extremely difficult to detect.

There are several theories about what dark matter might be. One of the leading candidates is Weakly Interacting Massive particles (WIMPs), which are hypothetical particles that interact with ordinary matter through the weak nuclear force and gravity. Other candidates include axions (hypothetical particles that are much lighter than WIMPs), sterile neutrinos (hypothetical particles that don't interact with matter except through gravity), and primordial black holes (hypothetical black holes that formed in the early universe). However, none of these candidates have been definitively proven to be the source of dark matter.

Despite the uncertainty surrounding its composition, the evidence for dark matter's existence is quite strong. It's estimated to make up about 27% of the total mass-energy density of the universe, with the remaining 68% being dark energy and about 5% being ordinary matter. The effects of dark matter can be seen in the rotation of galaxies, the gravitational lensing of light from distant objects, and the large-scale structure of the universe.

Understanding the nature of dark matter is a key challenge for the coming years in both particle physics and cosmology. Scientists are using a variety of approaches to try to detect dark matter particles and study their properties. These include underground experiments that search for WIMPs, experiments that use powerful magnets to search for axions, and space-based telescopes

that search for the signatures of dark matter in the cosmic microwave background radiation.

The search for dark matter is not only important for understanding the fundamental nature of the universe, but it also has practical implications. For example, the detection of dark matter particles could potentially lead to the development of new technologies for energy production and storage.

In summary, dark matter is a mysterious and fascinating component of the universe that has yet to be fully understood. The search for dark matter is one of the most important and exciting areas of research in modern science, and it has the potential to revolutionize our understanding of the cosmos...

## **Supernatural Powers in Buddhism.**

Buddhism is a spiritual tradition that has been practiced for over 2,500 years, and its founder, Siddhartha Gautama Buddha, is widely regarded as one of the greatest spiritual teachers in history. While Buddhism is primarily concerned with the attainment of liberation and the end of suffering, it also acknowledges the existence of supernatural powers, known as "abhinna" or "super-normal powers," that can be acquired through meditations and spiritual practices.

The Supernatural Powers of Buddha:

Buddha is said to have possessed a wide range of supernatural powers, which he acquired through his intense meditation and spiritual practice. Some of the most well-known of these powers include:

1. Yamaka Pratiharya: This power allowed Buddha to gush fire and water from his body at the same time, and was said to be a result of his complete mastery over the elements.
2. Flying Through the Sky: Buddha was said to be able to sit in a meditation pose and then fly through the air, effortlessly soaring through the sky like a bird.
3. Teleportation: Buddha was also said to be able to instantly teleport himself from one location to another, a power that was said to be a result of his complete control over the physical world.
4. Discussing with celestials: Buddha was said to have had discussions with the divine and brahmic beings who dwell in the higher realms of existence, who sought his guidance and wisdom.
5. Talking with Animals: Buddha was said to be able to communicate with animals, such as the Parileyya elephant, and to understand their languages and feelings.
7. Blazing Light Aura: Buddha was said to be surrounded by a blazing light aura, which was a result of his intense spiritual energy.
8. Sabbannuta Nana: This is Omniscient Intelligence. This is what makes Buddha different from another saint. The Omniscient Intelligence of the Buddha is a unique intelligence that only Buddhas in the universe possess. Other saints cannot attain this intelligence because it requires an extensive accumulation of meritorious karmas from many past lives. This is the Buddha's supreme and ultimate form of knowledge, granting him access to all information in the universe, both spiritual and mundane.

In this writing, we will explore various types of abinna or supernatural powers that are said to be attainable by those who follow the Buddhist path. But these powers are not the goal of spiritual practices. These powers are by-products of spiritual path.

Types of Abinna:

In addition to the supernatural powers of Buddha, the Buddhist scriptures also describe a wide range of Abinnas that can be acquired through meditation and spiritual practice. Some of the most well-known of these powers include:

1. **Manifoldness:** This power allows the practitioner to create multiple copies of themselves, and is said to be a result of the ability to manipulate the physical world.
2. **Mind-Made Body:** This power allows the practitioner to create a body out of pure mental energy, and is said to be a result of the concentration.
3. **Divine Eye:** Also known as "dibba cakku," this power allows the practitioner to see things that are not visible to the ordinary human eyes, including the past and future, and is said to be a result of the ability to perceive reality beyond the limitations of the physical senses.
4. **Divine Ear:** Also known as "dibba sota," this power allows the practitioner to hear things as that are inaudible to ordinary human ears, and is said to be a result of the ability to perceive reality beyond the limitations of the physical senses.
5. **Recollection of Past Lives:** This power allows the practitioner to remember their past lives, and is said to be a result of the ability to perceive reality beyond the limitations of the physical senses.
6. **Walking on Water:** This power allows the practitioner to walk on the surface of water, and is said to be a result of the ability to control the elements.
7. **Going Through Walls:** This power allows the practitioner to pass through solid objects, such as walls and mountains, and is said to be a result of the ability to manipulate the physical world.
8. **Touching the Sun and Moon:** This power allows the practitioner to touch the sun and moon, and is said to be a result of the ability to control the physical world.
9. **Knowing Others' Thoughts:** This power enables the practitioner to know the thoughts of any creature, regardless of whether they are near, distant, visible, or invisible.

#### Kasina Meditations:

One of the primary methods for acquiring abhinna in Buddhism is through the practice of kasina meditations. These meditations involve focusing the mind on a single object, such as a colored disk or a flame, or an element.

Some of the most well-known kasina meditations include:

1. Earth Kasina Meditation: This meditation involves concentrating the mind on a disk of earth element.
2. Air Kasina Meditation: This meditation involves concentrating the mind on air element.
3. Fire Kasina Meditation: This meditation involves concentrating the mind on fire element.
4. Water Kasina Meditation: This meditation involves concentrating the mind on to water element.

The supernatural powers of Buddha, as described in the Buddhist scriptures, are a testament to the incredible potential of the human mind. While the attainment of Abinnas is not the primary goal of Buddhism, it is acknowledged as a natural byproduct of intense meditation and spiritual practice. Through the practice of Kasina meditations and other forms of spiritual practices, it is said that anyone can acquire these powers and tap into the infinite potential of the nature...

## **A Scientific Examination of the Non- Existence of an Almighty God.**

The concept of an almighty god has been a central tenet of many religions throughout history. The belief in a divine being or a creator that has complete control over the world and the lives of its inhabitants is often seen as a source of comfort and guidance for many. However, a closer examination of the world and the experiences of individuals, both believers and non-believers, raises serious questions about the existence of an

almighty god. In this writing, we will explore the evidence for the non-existence of an almighty god and the ways in which the world does not appear to be controlled by such a being.

### The Problem of Evil:

One of the most significant challenges to the existence of an almighty god is the problem of evil. The world is filled with suffering, pain, and destruction, much of which seems to be completely random and undeserved. If an almighty god exists and is truly all-powerful, all-loving and all-knowing, then it is difficult to understand why such a supreme being or creator would allow for so much suffering in the world.

Believers of almighty god become sick, experience the destruction of wealth and money, suffer from poisoning, and become subject to bomb attacks and natural disasters. Moreover, believers of almighty god are not immune to the effects of aging, pain, and death. These experiences are not unique to believers, as non-believers also experience these same challenges and tragedies.

The fact that both believers and non-believers are subject to sicknesses, aging, pain, natural disasters, and death equally suggests that these experiences are not the result of divine intervention or punishment, but rather are a natural part of the world.

### The Absence of Divine Intervention:

Another piece of evidence for the non-existence of an almighty god is the absence of divine intervention in the world. If an almighty god exists and is truly all-powerful, then it stands to reason that such a being would be able to intervene in the world in a clear and unmistakable way. However, there is little evidence to suggest that this is the case.

Those who pray for the almighty god become sick and go to see a doctor, become subject to cancer, and do not receive money from the almighty god, even if they believe and pray for it. These experiences suggest that prayer and belief in an almighty god do not necessarily result in divine intervention or protection.



Moreover, the fact that believers of almighty god come to low ranks in school, commit suicide, and die in vehicle accidents, despite their belief and potential prayers for protection, suggests that the world is not controlled by a divine being or creator that is able to intervene in a meaningful way.

#### The Imperfect World:

Another piece of evidence for the non-existence of an almighty god is the imperfect nature of the world. If an almighty god created the world, then it stands to reason that such a being would create a world that is perfect and free from flaws and mistakes. However, the world is filled with imperfections, injustices, and inequalities.

Believers of almighty god suffer from stupidity and do not receive good luck always, despite their belief and potential prayers for such blessings. Moreover, the fact that some persons believe in almighty god, yet they become subject to pain, sicknesses, and not having their wishes come true, suggests that the world is not controlled by a divine being that is able to grant blessings and answer prayers in a consistent and reliable way.

The fact that both believers and non-believers are subject to the imperfections of the world equally suggests that these experiences are not the result of divine intervention or punishment, but rather are a natural part of the world.

#### The Existence of Non-Believers:

The fact that non-believers exist is also evidence for the non-existence of an almighty god creator. If an almighty god exists and is truly all-powerful, then it is difficult to understand why such a supreme being would allow for the existence of individuals who do not believe in it.

Moreover, the fact that those who do not believe in almighty god are able to prove the non-existence of such a being, and that the almighty god never shows itself and defends its existence, suggests that the concept of an almighty god is a human construct, rather than a true and objective reality.

In conclusion, the evidence for the non-existence of an almighty god is compelling. The problem of evil, the absence of divine intervention, the

imperfect nature of the world, and the existence of non-believers all suggest that the world is not controlled by a divine supreme being that is all-powerful, all-knowing, and all-loving. It is important to critically examine the evidence, nature and consider the ways in which the world does not appear to be controlled by such a creator being...

## Vedas and Upanishads.

The Vedas and Upanishads are ancient Indian texts that are considered as the foundation of Hinduism and its philosophy. The Vedas are a collection of four texts, namely Rig, Yajur, Sama, and Atharva, and they are believed to have words of the ancient sages and seers of India. The Upanishads are a collection of texts that are considered as the concluding part of the Vedas, and they are known for their profound and insightful teachings on the nature of reality, consciousness, and self.

The Vedas are considered as the most sacred and authoritative texts in Hinduism, and they are revered and worshipped as the embodiment of divine knowledge and wisdom. The Vedas are a vast and diverse collection of texts that cover various aspects of life, such as religion, philosophy, nature, science, and culture.

The Rig Veda is the oldest and the most important of the four Vedas, and it is a collection of verses that are dedicated to the various gods of the Hindu pantheon. The Yajur Veda is a collection of texts that are related to the performance of rituals and sacrifices, and they are known for their precise and detailed instructions. It exists in two main recensions (Shakhas), known as the Shukla (White) Yajur Veda and the Krishna (Black) Yajur Veda. The

Sama Veda is a collection of texts that are related to chanting, and they are known for their harmonious compositions. The Atharva Veda is a collection of texts that are related to supernatural, healing, and protection, and they are known for their practical and pragmatic teachings.

The Vedas are considered as a source of knowledge and wisdom, and they are seen as the guide in matters of religion, philosophy, nature, mind, concentration and ethics. The Vedas are also seen as the basis and foundation of the various traditions, schools, and sects of Hinduism, and they are seen as the unifying and integrating factor that binds and holds together the diverse and complex fabric of Hinduism.

The Upanishads are a collection of texts that are considered as the concluding part of the Vedas, and they are known for their profound and insightful teachings on the nature of reality, consciousness, and self. The Upanishads are a product of the intense and sustained spiritual and philosophical inquiry and reflection that characterized the later Vedic period, and they are seen as the culmination and fulfillment of the Vedic vision and aspiration.

The Upanishads are a diverse and eclectic collection of texts that cover various aspects of life, such as religion, philosophy, psychology, and spirituality. The Upanishads are known for their profound and insightful teachings on the nature of reality, and they are seen as the basis and foundation of the various schools and systems of Indian philosophy, such as Advaita Vedanta, Vishishtadvaita, and Dvaita.

The Upanishads are also known for their profound and insightful teachings on the nature of consciousness and self, and they are seen as the basis and foundation of the various traditions and practices of yoga and meditation. The Upanishads are seen as the ultimate authority and guide in matters of spirituality and self-realization, and they are seen as the means and the way to attain the highest and the most sublime goal of human life, namely, Moksha or Brahman or Atman.

In summary, the Vedas and Upanishads are ancient Indian texts that form the basis of Hinduism and its philosophy. The Vedas are a comprehensive and

varied collection of texts, revered as the source of all knowledge and wisdom. The Upanishads, a collection of texts, are renowned for their deep and insightful teachings about reality, consciousness, and self. They are considered the path to achieve the ultimate goal of human life, Moksha, Brahman, or Atman...

## Isidasi Nun and Her Divine Eye.

Isidasi, the daughter of a baron who became a nun in Gautama Buddha's organization, soon attained liberation as an arhant bhikkhuni.

One day, after finishing her alms round in Patna city, she rested near the riverbank. Her friend, the nun Bodhi, was also resting next to her. The conversation between the two arhant bhikkhunis at that time is recorded in the Buddhist scriptures.

"Venerable Isidasi, you are still young and very beautiful. For what reason did you become ordained? Why did you become a nun?"

"Venerable Bodhi, I will tell you why I became a nun. Listen to me. My father was a baron in Ujjain. I was his beloved daughter. At a young age, I was married off to a rich baron in Saketa, who was a friend of my father."

"Since I got married and moved to Saketa, I washed my aunt's and uncle's (father-in-law) feet in the morning and evening. If my husband's brothers, sisters, and family members came home, I would get up from my seat so they could be seated and honored. I prepared and served food appropriately."

"I went to my husband at the right time and adorned him with perfume like a maid. I prepared food, cleaned the dishes, and treated my husband like a mother treats her only son."

"Although I treated my husband with respect, he did not love me. Despite behaving modestly, not lazily, and politely towards him, he soon got tired of me and started to dislike me."

"One day, he said, 'I can't live married life with Isidasi anymore. Send her to her parents.'"

"Child, don't say that. Isidasi is intelligent, dutiful, and not lazy. She treats you well. Why don't you like her?' asked his parents."

"She doesn't hurt me, but I don't want to be with her anymore,' he replied."

Because her husband insisted on sending her back to her parents, Isidasi returned to her parent's house. Without any grudge, she went to her parents.

"Father, I have not done anything wrong to my husband. I didn't do anything bad or say a bad word. But I came back because he said he does not like me," Isidasi said.

After a while, Isidasi's father remarried her to another man. At his house, Isidasi did all the work like a maid, respected her husband, was a good dutiful wife and harbored no malice, as before. But after about a month, he also got tired of her. Then again she had to return to her parent's house.

One day, Isidasi's father saw a young man begging with dirty clothes and a broken pot. He immediately bathed him in fragrant water, dressed him in beautiful clothes and ornaments, and said, "Child, from today onward you may not go begging. Marry my daughter, take care of this property and riches, and live in this mansion." That young man agreed. Isidasi also honored him and treated him well just like she did to her previous husbands. Despite this, he also disliked her after about a month. "I don't like living with Isidasi. I

want to go back to begging. It is better to beg than to be with my wife Isidasi," he said and left the mansion.

That day, Isidasi went to her room and cried the whole night. "Why does every man hate me? Why do all men dislike me, even though I am an obedient and dutiful wife?" she thought to herself. "What is the meaning of this life? Should I commit suicide and die, or should I become a nun?" she pondered.

After some time, one day, the wise and virtuous nun Jinadatta came to my mansion for alms. Seeing her, I bowed at her feet, invited her into my home, and offered alms.

"Venerable nun, I also want to become a Buddhist nun," I told to venerable nun Jinadatta.

My father heard this and said, "Daughter, why do you think of becoming a Buddhist nun? Stay in this house, follow the Dhamma, and offer alms."

"Father, you have seen the sufferings I have endured in this short period, haven't you? How embarrassed I was! I have suffered a lot, more than any girl should have to bear. Therefore, Father, allow me to become a nun. Let me abandon this lay life and end all these sufferings to rest in the great nirvana." She pleaded, bowing at her father's feet.

With her father's permission, she went to a Buddhist nunnery and became a nun. Within seven days, she meditated continuously and reached fruition. She became a liberated arhant nun, attaining the three intelligences. Then she obtained the divine eye and the ability to see her past lives. One day, she watched how she spent her time in the cycle of reincarnation.

In one previous life, she was a man and the son of a very rich goldsmith in a village named Eraka. He spent his life as a young man with a beautiful face and body. However, due to bad associations and bad friends, he committed sins greedily and lustfully by engaging in illicit sexual intercourse with various women. After that life, where she was a man, she was born into hell for a very very long time, suffering greatly. After that life in hell, she became a

monkey in the womb of a female monkey. On the seventh day after the baby monkey was born, the great monkey leader removed the baby's male organs, causing severe injury and great suffering. These were the results of the sins the past mistakes done when she was a man and a son of a rich goldsmith.

From that life, she died and was born as a baby goat in the womb of a blind and humpbacked goat (doe) that lived in a forest. She was caught by humans, and to lift heavy loads, the goat owner crushed the goat's male organs. That goat pulled heavy loads for twelve years, suffering from ulcerated and worm-infested sores. This was also a result of the wrongful, sinful illicit sexual acts committed in her previous life as a man and the son of a rich goldsmith.

After that life, she was born as a bull in the womb of a cow who lived on a farm owned by a cattle dealer. One year after birth, the bull's male organs were removed to make it better at pulling weight. It carried heavy loads until it became very sick and died. This too was the result of bad karma collected in her male life as the son of a rich goldsmith.

In the next life, I was born in the house of a slave girl in a certain street. I was not possible to be a woman or a man in that life. My gender was neither a man nor a woman. It is also was the result of my sinful karmas done in my male life as the son of a rich goldsmith.

After that life I was born as a daughter, a girl in a house of a very poor cart driver. Being poor, he never got food to satisfy his hunger. People came every day asking him to repay the loans he had borrowed from them. As the girl was crying because her father could not pay the debt, someone took her by force. Then I was a sixteen years old girl. That man had a son named Giridasa. He took her to his house. He had a virtuous, dutiful and devoted wife. I was Jealous of her. So I did various things to make that wife unpleasant to him. I made him angry about that his other wife.

So even when I provide all the services to my husbands like a maid, they leave me because of that karmic reward. But I, the Isidasi, ended all those karmas in this life. I have no rebirth and no suffering again...

# Understanding Nature and the Universe.

The natural world and the universe beyond are awe-inspiring in their beauty and complexity. From the intricate patterns of a snowflake to the vast expanse of the cosmos, there is so much to discover and understand. But why is it important to realize and understand nature and the universe? In this writing, we will explore the many reasons why studying the workings of the natural world and the cosmos is beneficial for individuals and society as a whole.

One of the most obvious reasons for understanding nature and the universe is the potential for scientific advancement. By studying the natural world, we can gain insights into the fundamental principles of physics, chemistry, and biology. This knowledge can then be used to develop new technologies, improve medical treatments, and address environmental challenges. For example, the study of biomimicry, which involves using nature as a model for innovation, has led to the development of more efficient and sustainable products, such as wind turbines inspired by the way humpback whales swim.

In addition to its practical benefits, understanding nature and the universe can also lead to a greater appreciation of their beauty and complexity. By learning about the intricate workings of an ecosystem or the life cycle of a star, we can gain a deeper sense of awe and wonder. This, in turn, can have psychological benefits, such as increased happiness and reduced stress. Moreover, this appreciation can also inspire us to protect and preserve the natural world and the cosmos, so that future generations can also experience their beauty and complexity.

Understanding nature is also crucial for addressing the environmental challenges that we face. By studying the natural world, we can gain a better understanding of the impact of human activities on the environment. This knowledge can then be used to develop more sustainable and



environmentally-friendly practices. For example, the study of climate science has helped us understand the causes and consequences of global warming, and has led to the development of strategies for reducing greenhouse gas emissions.

The study of nature and the universe can also provide philosophical insights into the nature of reality, the meaning of life, and the nature of knowledge. For example, the discovery of the laws of thermodynamics has led to philosophical discussions about the nature of time and the ultimate fate of the universe. Similarly, the study of evolution has led to philosophical discussions about the nature of morality and the relationship between humans and other animals.

Nature and the universe have long been sources of inspiration for art and culture. From the cave paintings of our ancestors to the modern-day nature documentaries, the beauty and complexity of the natural world have been a muse for artists and storytellers. By understanding nature and the universe better, we can continue to draw inspiration from them and create works that reflect and celebrate their beauty and complexity.

The study of nature and the universe can also contribute to education and learning. By studying the natural world, we can develop critical thinking skills, encourage curiosity and exploration, and provide a foundation for understanding other subjects, such as physics, biology, and chemistry. Moreover, the study of the universe can also help us understand our place in the cosmos and the history of our planet.

Understanding how nature works can also help us survive and adapt to different environments. For example, understanding weather patterns can help us prepare for natural disasters, and understanding the principles of evolution can help us understand how to protect ourselves from diseases. Moreover, the study of the universe can also help us understand the potential threats and opportunities that exist beyond our planet, such as asteroid impacts and the possibility of extraterrestrial life.

Finally, understanding the universe and nature can provide spiritual knowledge about our existence, how the universe works, and how everything

is interconnected. This allows us to understand natural phenomena, dharma, consciousness, the elements, and karma.

In summary, the importance of realizing and understanding nature and the universe cannot be overstated. From scientific advancement to spiritual connection, the benefits of studying the natural world and the cosmos are many and varied...

## **A donkey speaks.**

Hello, I'm a donkey, a simple creature living a humble life. I spend my days in the warm sun, grazing on the lush, green grass that I so dearly love. The taste of it, the smell of the earthy soil beneath it, it's all a part of my world, a world that I understand and cherish.

As a donkey, I love to do simple things. I enjoy spending my days grazing in the fields, feeling the soft grass under my hooves and the warm sun on my back. Also, I'm a social creature, I enjoy the company of my fellow donkeys, especially the female ones. The simplicity of our courtship, the joy of companionship, it's all a part of the life cycle that I am content with. Additionally, I love to take a good nap, preferably in a shady spot during the hottest part of the day. I also enjoy a good roll in the dirt or sand, it helps to keep my coat clean and healthy. I find joy in the simple things in life, and that's what I love to do.

Grass and mud are two of my favorite things. I absolutely love to graze on fresh, green grass. The taste, the texture, the smell, it's all a part of the joy of

eating for me. Grass is not only a source of food, but also a source of comfort and contentment. Mud, on the other hand, serves a different purpose. I enjoy rolling in it, it helps to keep my coat clean and healthy. The coolness of the mud also provides relief on a hot day. It's a simple pleasure, but one that I greatly appreciate. In my simple world, grass and mud are two of the most important elements. They provide me with food, comfort, and a sense of belonging. I couldn't imagine my life without them.

Also, I have a great appreciation for my female counterparts. They are strong, resilient, hot and play an important role in our social structure. I enjoy spending time with them, whether it's grazing together in the fields or engaging in courtship rituals. I also admire their maternal instincts. The way they care for their young, protecting and nurturing them, is truly remarkable. It's a testament to the strong bond that exists within our donkey families. I have a lot of love for the female donkeys in my life. I am so fond of my women.

I can live in a variety of environments, but I am most commonly found in dry, arid regions such as deserts and grasslands. I am well-adapted to these environments, with my tough and durable hooves, my ability to go for long periods without water, and my diet of coarse, dry vegetation. However, I can also be found in other environments, such as mountains, forests, and even in some urban and suburban areas. I am a versatile creature, and I can adapt to a wide range of living conditions. In terms of specific living arrangements, I may live in a herd with other donkeys, or I may be kept alone or in pairs by humans. I may be housed in a stable or barn, or I may be allowed to roam and graze freely in a field or pasture. Regardless of where I live, I am content as long as I have access to food, water, and the company of my fellow female donkeys.

As a donkey, my life is generally quite simple and free of major troubles. However, there are a few challenges that I sometimes face. In dry or barren areas, it can be difficult to find enough grass to eat or water to drink. This can be a source of stress and discomfort. Another challenge is the threat of predators. While I am not the primary prey for most predators, I am still vulnerable to attacks, especially when I am sick. Additionally, I am sometimes used for work by humans, such as carrying heavy loads or pulling carts. This

can be physically demanding and sometimes even harmful if not done properly.

I'm not one to ponder about the complexities of the universe or the mysteries of nature. I believe in what I can see, what my eyes can see, what I can experience by my eyes. To me, thoughts are just a mix of matter and brain, a simple process that even a donkey like me can understand. Thoughts occur due to physical matter or materials. Thoughts arise as a result of the physical, material processes occurring in the brain and body. In my world, life is about eating, reproducing, and finding joy in the simple pleasures. Grass, mud, water, and the company of other animals are some of the most important things in my life. I believe that events occur without any specific cause.

I advise you to not worry too much about the things that you cannot understand or control. The universe is big and complex, and it's okay to not have all the answers.

I'm not the most intelligent of creatures, and I'm okay with that. I don't have the mental capacity to understand or solve complex problems, and that's alright. I don't need to understand the laws of physics or the theory of relativity or the laws of nature to live a fulfilling life. I find joy in the simple things, and that's enough for me. I laugh at the attempts of other supposedly "wise" animals like lions and owls to comprehend the mysteries of nature. That kind of abstract thinking is beyond my capabilities. I prefer to live in the good moment, appreciating the grass beneath my hooves and the warmth of the sun on my back. My thoughts are basic, centered on satisfying my immediate needs and desires. Lions and owls seem to be always caught up in their own worlds, forgetting to enjoy the simple pleasures of life. But I don't waste my time trying to figure out the intricacies of the universe or ponder deep philosophical questions. Instead, I'm content focusing on the simple pleasures in life - eating, resting, and enjoying the company of my fellow donkeys.

I have wishes, simple ones. A never-ending field of grass, a clear blue sky, and the company of my fellow donkeys. That's my idea of a perfect universe, a universe that I can understand and appreciate. In my world, ignorance is

bliss. I don't worry about the complexities of life, and that allows me to enjoy it to the fullest. So, my advice to you is, don't always try to understand everything. Sometimes, just experience it, enjoy it. After all, life is not a puzzle to be solved, but a journey to be enjoyed.

I am content with who I am and the world around me, and I am grateful for the simple pleasures that life has to offer. I am also happy to share my perspective and experiences, and I hope that they can bring some joy and inspiration to others. In my view, existence is a journey to be enjoyed, and I am glad to be a part of it...

## **Intelligence Behind Understanding the Unseen.**

The human mind is a remarkable tool, capable of understanding and interpreting a vast array of ideas, from the tangible and concrete to the unseen and abstract. However, the latter often poses a greater challenge. Understanding or realizing unseen, invisible, or abstract things requires a high level of cognitive ability and intelligence. This writing explores the reasons behind this and sheds light on the complex processes involved in comprehending the unseen.

Unseen or invisible things, by their very nature, cannot be directly observed or experienced. This lack of tangible evidence means that one must rely on indirect information, logical reasoning, or abstract thinking to understand them. For instance, while we cannot see gravity, we can observe its effects and use that information to understand the concept. This ability to infer and extrapolate from limited information is a hallmark of intelligence.

Abstract things are not rooted in the physical, tangible world. They are ideas or qualities or natures that cannot be experienced through our senses, such as eye, ear, or body. To understand these, one must be able to think beyond what is immediately perceptible and grapple with complex, intangible ideas. This form of thinking, known as abstract reasoning, is a sophisticated cognitive process that requires a certain level of intellectual prowess.

Sometimes, understanding unseen situations or invisible phenomena involves recognizing patterns, making predictions, and inferring based on limited or indirect information. For example, in the field of astronomy, scientists use patterns in the movement of visible celestial bodies to predict the existence and behavior of those that are not directly observable. This process, a blend of pattern recognition and logical inference, can be cognitively demanding and is a key aspect of intelligence.

Many unseen or abstract natures are inherently complex and multifaceted. They require a deep understanding of multiple interconnected ideas and the ability to synthesize this information into a coherent whole. Consider, for instance, the theory of relativity or the principles of quantum mechanics. These concepts are not only unseen but also incredibly complex, requiring a high level of intelligence to fully comprehend. Also not everything can be proven through logic. There are certain natures or aspects of nature that logic cannot verify.

Finally, understanding unseen or abstract concepts or natures often requires a willingness to entertain ideas that may not align with one's current understanding or belief system. This open-mindedness, the ability to question one's assumptions and consider alternative perspectives, is a key aspect of intelligence and critical thinking.

In summary, the ability to understand and realize unseen, invisible, or abstract natures or realities is a testament to the power, intelligence and flexibility of the human mind. It requires a blend of logical reasoning, abstract thinking, pattern recognition, deep knowledge and open-mindedness, all of which are key components of intelligence. It's easy to understand simple

things. However, comprehending complex and abstract natures that are not immediately apparent and invisible requires a higher level of intelligence...

## Complexity of Intelligence.

The question of why there seem to be more individuals who are perceived as "unintelligent" or "foolish" and fewer who are seen as "wise" is a complex one. It's important to approach this topic with sensitivity and understanding, recognizing that the terms "unintelligent," "foolish," or "stupid" are often subjective and can unfairly label a person's capabilities or potential in some cases. This writing aims to delve into the factors influencing the distribution of intelligence and wisdom and challenge our perceptions of these traits. However, It is evident that there are both wise and foolish people, and they differ in their levels of intelligence.

The distribution of abilities and traits of intelligence or wisdom, among any population is influenced by a multitude of factors, as we materialistic people see it.

1. **Education and Resources:** Access to quality education, resources for learning, and opportunities for intellectual growth can significantly impact a person's ability to develop their intelligence or wisdom. Unfortunately, these resources are not evenly distributed globally. In many parts of the world, access to education is limited due to economic, political, or social factors. This lack of access can limit a person's ability to develop their cognitive abilities and reach their full potential.

2. **Environment and Upbringing:** The environment in which a person is raised, including their family, community, and cultural influences, can also play a

substantial role in their intellectual and personal development. For example, a supportive and stimulating environment can foster curiosity, creativity, and critical thinking, while a restrictive or neglectful environment can hinder these traits.

3. Genetics: While not the sole determining factor, some research has shown that genetics can influence a person's cognitive abilities to some extent. Certain genetic factors may affect a person's memory, processing speed, and problem-solving skills. However, it's important to note that genetics is just one piece of the puzzle, and environmental factors can also significantly impact a person's cognitive development. The involvement of genetics in this case is somewhat controversial.

### The Nature of Wisdom:

Wisdom, in particular, is a trait that often develops over time. It involves not just knowledge or intelligence, but also the ability to apply that knowledge in a thoughtful, empathetic, practical and effective way. This can involve learning from mistakes, seeking diverse perspectives, and reflecting on one's own experiences and beliefs.

Moreover, wise individuals may not always be the most visible or vocal in society. They may be quietly working within their communities, or they may express their wisdom in ways that are not always recognized or valued by mainstream society. For example, wisdom can be expressed through storytelling, mentoring, secret service or community service, and these forms of expression may not always be acknowledged as "wise" by those who equate wisdom with formal education or professional success.

Our perceptions of intelligence or wisdom can often be influenced by our own biases and perspectives. For example, we may equate intelligence with academic success or the ability to solve complex problems, while overlooking other forms of intelligence, such as emotional intelligence or creative intelligence. Similarly, we may equate wisdom with age or experience, while overlooking the wisdom that can be found in some youths.



It's important to challenge these perceptions and recognize that intelligence and wisdom can manifest in many different ways. By fostering understanding, empathy, and respect for these differences, we can create a world that values and nurtures the intelligence or wisdom in all of us.

In summary, the distribution of intelligence and wisdom is influenced by a multitude of factors. It's important to remember that everyone has unique strengths, weaknesses, and perspectives, and that intelligence or wisdom can manifest in many different ways...

## **The Supernatural Powers of Rishis.**

In ancient Indian spiritual traditions, it is believed that rishis, or enlightened sages, possessed supernatural powers that they obtained through deep meditation and spiritual practices. These powers, known as siddhis, were said to include the ability to fly through the sky, walk on water, and even become as small as an atom or as heavy as a mountain.

**Akasa Gamana: Flying Through the Sky:**

One of the most incredible siddhis attributed to rishis is the ability to fly through the sky, known as Akasa Gamana. It is said that rishis would sit in a meditation pose and then rise up into the air, effortlessly soaring through the sky like a bird. This power was said to be a result of their complete mastery over the elements and their ability to tap into the infinite energy of the mind, nature and universe.

**Jala Gamana: Walking on Water:**

Another amazing siddhi attributed to rishis is the ability to walk on water, known as Jala Gamana. It is said that rishis would simply step onto the surface of the water and then walk across it as if it were solid ground. This power was said to be a result of their complete control over the elements and their ability to create a field of energy that would support their weight.

Anima, Garima, and Lagima: Becoming Small, Heavy, or Light:

Rishis were also said to possess the ability to become as small as an atom, as heavy as a mountain, or as light as a feather. These powers, known as Anima, Garima, and Lagima, were said to be a result of their complete mastery over the own mind and nature.

The Path to Siddhis:

While the idea of possessing supernatural powers may seem appealing, it is important to note that the path to Siddhis is not an easy one for worldly people filled with various desires. Because it requires dedicated meditation and spiritual practice, as well as a complete renunciation of the material world. In fact, many spiritual traditions warn against the pursuit of Siddhis, as they can be a distraction from the ultimate goal which is freedom from birth, existence, death and reincarnation.

The Power of Meditation:

Regardless of whether or not one believes in the existence of Siddhis, there is no denying the power of meditation. Numerous scientific research studies have shown that meditation can have a profound impact on both the mind and the body, reducing stress, improving focus, and even boosting the immune system. By sitting in stillness and concentrating the mind, we can tap into a deep sense of peace and inner wisdom that can transform our lives.

In summary, the supernatural powers of rishis, such as flying through the sky or walking on water, are a fascinating aspect of ancient Indian spiritual traditions. While the existence of these powers may be a matter of debate for materialistic skeptical people who judge everything according to physical matters, the power of meditations and spiritual practices is undeniable. It is

fact that by dedicating ourselves to the spiritual practices, we can tap into a deep sense of peace and wisdom that can transform our lives...

## Life's Greatest Questions.

The human mind is a remarkable tool, capable of pondering the deepest mysteries of existence. Throughout history, philosophers, spiritual teachers, and ordinary individuals have contemplated subjects that delve into the heart of what it means to be alive. This writing aims to explore why we should contemplate on profound subjects such as, the nature of the self, the afterlife, the ultimate truth, and liberation.

### Why People and Beings are Not Equal:

Contemplating the question of equality can lead to a deeper understanding of the nature of existence and the interconnectedness of all beings. It is evident that people and beings are not equal in terms of their physical and mental abilities, their life circumstances, life spans, health, wealth, power and their access to resources. By contemplating this question, we can cultivate insight into the reality of true nature. What is the secret behind the inequality of beings is a question thought by all the wise men.

### Who Am I and What is the Self:

The questions 'Who am I?' and 'What is the self?' are central to many philosophical and spiritual traditions. By contemplating these questions, we can gain a deeper understanding of our own nature and the nature of consciousness. Are we merely our physical bodies, our thoughts and emotions, or is there a deeper, more enduring aspect of our being? The

exploration of these questions can lead to a greater understanding of the reality of true nature.

### What Happens After Death:

The questions about the afterlife and the nature of the soul have been a part of human inquiry since time immemorial. By contemplating these questions, we can gain a deeper understanding of the nature of life and death, and the possibility of continuity of consciousness beyond the physical body. What is the soul or spirit, and how does it relate to the physical body? Is there a cycle of birth and death, or is death a final end? These are also problems that should be solved by the wise men.

### The Best Pleasure and the True Nature of Reality:

The questions about the best pleasure and the true nature of reality can lead to a deeper understanding of the nature of happiness and the nature of existence. What is the most profound and enduring form of happiness or pleasure? Is it found in material possessions, relationships, or inner states of being? What is the true nature of reality? Is it merely the physical world that we perceive with our senses, or is there a deeper, more subtle dimension of reality? These complex questions can stimulate a sense of wonder, a desire for inner growth, and a shift in perspective about what truly matters in life and these questions also thought by a wise man.

### The Eternal Nature, the Universe, and the Ultimate Truth:

The questions about the eternal nature, the workings of the universe, and the ultimate truth can lead to a deeper understanding of the nature of time and space, the nature of existence, and the nature of truth. What is the eternal or timeless aspect of existence? What is the permanent thing? How does the universe work, and what are its underlying principles? What is the ultimate truth or reality that underlies and unites all things? What is the truth about eternal nature? How to attain the eternal nature? These questions also should be thought by the wise men.

### The Correct Liberation:

The question about the correct liberation can lead to a deeper understanding of the nature of suffering, the nature of freedom, and the path of spiritual transformation. What is the true nature of suffering, and how can it be transcended? What is the nature of spiritual freedom or liberation, and how can it be attained? What is the correct liberation? What is the ultimate liberation? By contemplating these deep questions, we can gain a clearer vision of our spiritual path, a deeper commitment to our spiritual practices, and a greater sense of purpose and meaning and these questions also thought by wise men in the world.

In summary, contemplating on profound subjects is a journey into the heart of what it means to be alive. It is a spiritual journey that can lead to a deeper understanding of ourselves, others, nature and the universe around us. It is a journey that can stir a sense of awe and curiosity for the mystery of existence. In a world that often emphasizes the superficial and the transient, the practice of contemplation of deep matters is a valuable reminder of the depth and the enduring nature of the human spirit...

## **Devaduta Sutra: The divine Messengers.**

I have heard that on one occasion the Blessed One (the Buddha) was staying near Sāvattthī in Jeta's Grove, Anāthapiṇḍika's monastery. There the Blessed One addressed the monks, "Monks."

"Yes, lord," the monks responded to him.

The Blessed One said, "Monks, it's as if there were two households with doors, and a man of good eyesight, standing there between them, would see people entering & leaving a house, wandering out & about. In the same way, I — by means of the divine eye, purified & surpassing the human — see beings passing away & re-appearing, and I discern how they are inferior & superior, beautiful & ugly, fortunate & unfortunate in accordance with their actions: 'O, how these beings — who were endowed with good conduct of body, speech, & mind, who did not revile noble ones, who held right views and undertook actions under the influence of right views — with the break-up of the body, after death, have re-appeared in a good destination, the heavenly world. Or how these beings — who were endowed with bad conduct of body, speech & mind, who reviled noble ones, held wrong views and undertook actions under the influence of wrong views — with the break-up of the body, after death, have re-appeared in the realm of the hungry ghosts. Or how these beings — who were endowed with bad conduct of body, speech & mind, who reviled noble ones, held wrong views and undertook actions under the influence of wrong views — with the break-up of the body, after death, have re-appeared in the animal womb. Or how these beings — who were endowed with bad conduct of body, speech & mind, who reviled noble ones, held wrong views and undertook actions under the influence of wrong views — with the break-up of the body, after death, have re-appeared in a plane of deprivation, a bad destination, a lower realm, hell.'

"Then the hell-wardens, seizing (such a being) by the arms, present him to King Yama: 'This is a man, your majesty, with no respect for mother, no respect for father, no reverence for contemplatives, no reverence for brahmans, no honor for the leaders of his clan. Let your majesty decree his punishment.'

"Then King Yama interrogates & interpellates & castigates the man regarding the first divine messenger: 'My good man, didn't you see the first divine messenger that has appeared among human beings?'

"'I didn't, lord,' he says.

Then King Yama says, 'My good man, didn't you see among human beings a tender baby boy lying prone in its own urine & excrement?'

"'I did, lord,' he says.

Then King Yama says, 'My good man, didn't the thought occur to you — observant & mature: "I, too, am subject to birth, have not gone beyond birth. I'd better do good with body, speech, & mind"?''

"'I couldn't, lord. I was heedless, lord.'

Then King Yama says, 'My good man, through heedlessness you did not do what is good with body, speech, & mind. And of course, my good man, they will deal with you in accordance with your heedlessness. For that evil karma of yours was neither done by your mother, nor done by your father, nor done by your brother, nor done by your sister, nor done by your friends & companions, nor done by your kinsmen & relatives, nor done by the divines. That evil karma was done by you yourself, and you yourself will experience its result.'

"Then, having interrogated & interpellated & castigated the man regarding the first divine messenger, King Yama interrogates & interpellates & castigates him regarding the second: 'My good man, didn't you see the second divine messenger that has appeared among human beings?'

"'I didn't, lord,' he says.

"Then King Yama says, 'My good man, didn't you see among human beings a woman or man eighty, ninety, one hundred years old: aged, roof-rafter crooked, bent-over, supported by a cane, palsied, miserable, broken-toothed, gray-haired, scanty-haired, bald, wrinkled, with limbs all blotchy?'

"'I did, lord,' he says.

"Then King Yama says, 'My good man, didn't the thought occur to you — observant & mature: "I, too, am subject to aging, have not gone beyond aging. I'd better do good with body, speech, & mind"?''

"I couldn't, lord. I was heedless, lord."

"Then King Yama says, 'My good man, through heedlessness you did not do what is good with body, speech, & mind. And of course, my good man, they will deal with you in accordance with your heedlessness. For that evil karma of yours was neither done by your mother, nor done by your father, nor done by your brother, nor done by your sister, nor done by your friends & companions, nor done by your kinsmen & relatives, nor done by the divines. That evil karma was done by you yourself, and you yourself will experience its result.'

"Then, having interrogated & interpellated & castigated the man regarding the second divine messenger, King Yama interrogates & interpellates & castigates him regarding the third: 'My good man, didn't you see the third divine messenger that has appeared among human beings?'

"I didn't, lord," he says.

"Then King Yama says, 'My good man, didn't you see among human beings a woman or man diseased, in pain, severely ill, lying in her/his own urine & excrement, lifted up by others, laid down by others?'

"I did, lord," he says.

"Then King Yama says, 'My good man, didn't the thought occur to you — observant & mature: "I, too, am subject to illness, have not gone beyond illness. I'd better do good with body, speech, & mind"?'"

"I couldn't, lord. I was heedless, lord."

"Then King Yama says, 'My good man, through heedlessness you did not do what is good with body, speech, & mind. And of course, my good man, they will deal with you in accordance with your heedlessness. For that evil karma of yours was neither done by your mother, nor done by your father, nor done by your brother, nor done by your sister, nor done by your friends & companions, nor done by your kinsmen & relatives, nor done by the divines.



That evil karma was done by you yourself, and you yourself will experience its result.'

"Then, having interrogated & interpellated & castigated the man regarding the third divine messenger, King Yama interrogates & interpellates & castigates him regarding the fourth: 'My good man, didn't you see the fourth divine messenger that has appeared among human beings?'

"'I didn't, lord,' he says.

"Then King Yama says, 'My good man, didn't you see among human beings kings — catching a thief, a criminal — having him tortured in many ways: flogging him with whips, beating him with canes, beating him with clubs; cutting off his hands, cutting off his feet, cut off his hands & feet; cutting off his ears, cutting off his nose, cutting off his ears & nose; subjecting him to the 'porridge pot,' the 'polished-shell shave,' the 'Rāhu's mouth,' the 'flaming garland,' the 'blazing hand,' the 'grass-duty,' the 'bark-dress,' the 'burning antelope,' the 'meat hooks,' the 'coin-gouging,' the 'lye pickling,' the 'pivot on a stake,' the 'rolled-up bed'; having him splashed with boiling oil, devoured by dogs, impaled alive on a stake; cutting off his head with a sword?'

"'I did, lord,' he says.

"Then King Yama says, 'My good man, didn't the thought occur to you — observant & mature: "It seems that those who do evil actions are tortured in these many ways in the here-&-now. And how much more in the hereafter? I'd better do good with body, speech, & mind"?'

"'I couldn't, lord. I was heedless, lord.'

"Then King Yama says, 'My good man, through heedlessness you did not do what is good with body, speech, & mind. And of course, my good man, they will deal with you in accordance with your heedlessness. For that evil karma of yours was neither done by your mother, nor done by your father, nor done by your brother, nor done by your sister, nor done by your friends & companions, nor done by your kinsmen & relatives, nor done by the divines.

That evil karma was done by you yourself, and you yourself will experience its result.'

"Then, having interrogated & interpellated & castigated the man regarding the fourth divine messenger, King Yama interrogates & interpellates & castigates him regarding the fifth: 'My good man, didn't you see the fifth divine messenger that has appeared among human beings?'

"'I didn't, lord,' he says.

"Then King Yama says, 'My good man, didn't you see among human beings a woman or man, one day, two days, or three days dead: bloated, livid, oozing with lymph?'

"'I did, lord,' he says.

"Then King Yama says, 'My good man, didn't the thought occur to you — observant & mature: "I, too, am subject to death, have not gone beyond death. I'd better do good with body, speech, & mind"?'

"'I couldn't, lord. I was heedless, lord.'

"Then King Yama says, 'My good man, through heedlessness you did not do what is good with body, speech, & mind. And of course, my good man, they will deal with you in accordance with your heedlessness. For that evil karma of yours was neither done by your mother, nor done by your father, nor done by your brother, nor done by your sister, nor done by your friends & companions, nor done by your kinsmen & relatives, nor done by the divines. That evil karma was done by you yourself, and you yourself will experience its result.'

"Then, having interrogated & interpellated & castigated the man regarding the fifth divine messenger, King Yama falls silent.

"Then the hell-wardens torture [the evil-doer] with what's called a five-fold imprisonment. They drive a red-hot iron stake through one hand, they drive a red-hot iron stake through the other hand, they drive a red-hot iron stake

through one foot, they drive a red-hot iron stake through the other foot, they drive a red-hot iron stake through the middle of his chest. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Then the hell-wardens lay him down and slice him with axes. Then they hold him feet up & head down and slice him with adzes. Then they harness him to a chariot and drive him back & forth over ground that is burning, blazing, & glowing. Then they make him climb up & down a vast mountain of embers that is burning, blazing, & glowing. Then they hold him feet up & head down and plunge him into a red-hot copper cauldron that is burning, blazing, & glowing. There he boils with bubbles foaming. And as he is boiling there with bubbles foaming, he goes now up, he goes now down, he goes now around. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Then the hell-wardens throw him into the Great Hell. And as to the Great Hell, monks:

It's four-cornered & has four gates  
set in the middle of each side.

It's surrounded by an iron fortress wall  
and roofed with iron.

Its floor is made of red-hot iron,  
heated, fully blazing.

It stands always, spreading 100 leagues all around.

"The flame that leaps from the eastern wall of the Great Hell strikes the western wall. The flame that leaps from the western wall strikes the eastern wall. The flame that leaps from the northern wall strikes the southern wall. The flame that leaps from the southern wall strikes the northern wall. The flame that leaps from the bottom strikes the top. The flame that leaps from the top strikes the bottom. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"There comes a time when, ultimately, with the passing of a long stretch of time, the eastern gate of the Great Hell opens. He runs there, rushing quickly.

As he runs there, rushing quickly, his outer skin burns, his inner skin burns, his flesh burns, his tendons burn, even his bones turn to smoke. When [his foot] is lifted, he is the just same. But when he finally arrives, the door slams shut. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"There comes a time when, ultimately, with the passing of a long stretch of time, the western gate of the Great Hell opens... the northern gate... the southern gate of the Great Hell opens. He runs there, rushing quickly. As he runs there, rushing quickly, his outer skin burns, his inner skin burns, his flesh burns, his tendons burn, even his bones turn to smoke. When [his foot] is lifted, he is the just same. But when he finally arrives, the door slams shut. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"There comes a time when, ultimately, with the passing of a long stretch of time, the eastern gate of the Great Hell opens. He runs there, rushing quickly. As he runs there, rushing quickly, his outer skin burns, his inner skin burns, his flesh burns, his tendons burn, even his bones turn to smoke. When [his foot] is lifted, he is the just same. He gets out through the gate. But right next to the Great Hell is a vast Excrement Hell. He falls into that. And in that Excrement Hell needle-mouth beings bore into his outer skin. Having bored into his outer skin, they bore into his inner skin... his flesh... his tendons... the bone. Having bored into the bone, they feed on the marrow. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Right next to the Excrement Hell is the vast Hot Ashes Hell. He falls into that. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Right next to the Hot Ashes Hell is the vast Simbali Forest, [with trees] reaching up a league, covered with thorns sixteen fingerbreadths long — burning, blazing, & glowing. He enters that and is made to climb up & down them. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Right next to the Simbali Forest is the vast Sword-leaf Forest. He enters that. There the leaves, stirred by the wind, cut off his hand, cut off his foot, cut off his hand & foot, cut off his ear, cut off his nose, cut off his ear & nose. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Right next to the Sword-leaf Forest is the vast Lye-water River. He falls into that. There he is swept downstream, he is swept upstream, he is swept downstream & upstream. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Then the hell-wardens pull him out with a hook and, placing him on the ground, say to him, 'Well, good man, what do you want?' He replies, 'I'm hungry, venerable sirs.' So the hell-wardens pry open his mouth with red-hot iron tongs — burning, blazing, & glowing — and throw into it a copper ball, burning, blazing, & glowing. It burns his lips, it burns his mouth, it burns his stomach and comes out the lower side, carrying along his bowels & intestines. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Then the hell-wardens say to him, 'Well, good man, what do you want?' He replies, 'I'm thirsty, venerable sirs.' So the hell-wardens pry open his mouth with red-hot iron tongs — burning, blazing, & glowing — and pour into it molten copper, burning, blazing, & glowing. It burns his lips, it burns his mouth, it burns his stomach and comes out the lower side, carrying along his bowels & intestines. There he feels painful, racking, piercing feelings, yet he does not die as long as his evil karma is not exhausted.

"Then the hell-wardens throw him back into the Great Hell once more.

"Once, monks, the thought occurred to King Yama: 'Those who did evil actions in the world are tortured in these many ways. O that I might gain the human state! And that a Omniscient one — worthy & rightly self-awakened — might arise in the world! And that I might attend to that Omniscient one! And that he might teach me the Dhamma! And that I might understand his Dhamma!'

"I tell you this, monks, not from having heard it from another contemplative or brahman. On the contrary, I tell you this just as I have known for myself, seen for myself, understood for myself."

That is what the Blessed One said. Having said that, the One Well-gone, the Teacher, said further:

Warned by the divine messengers,  
those youths who are heedless  
grieve for a long, long time —  
people entering a lower state.  
But those here who are good,  
    people of integrity,  
when warned by the divine messengers  
    aren't heedless  
    of the noble Dhamma — ever.  
Seeing danger in clinging,  
    in the coming-into-play  
    of birth & death,  
they are released from lack of clinging,  
    in the ending  
    of birth & death.  
They, happy, arriving at safety,  
fully unbound in the here-&-now,  
having gone beyond  
    all animosity & danger  
have escaped  
    all suffering & stress...

# Rediscovering the Wisdom of the

## Ancients.

In an age dominated by rapid technological advancement and the relentless pursuit of materialistic scientific progress, it can be easy to overlook the enduring value of ancient wisdom. However, as we grapple with the complex challenges of the modern world, there is much to be gained by revisiting the insights and teachings of our ancestors.

The ancient civilizations that flourished across the globe, from the Mesopotamians and Egyptians to the Mayans and Chinese, laid the groundwork for the development of human society. These early cultures not only made groundbreaking advancements in fields like agriculture, architecture, and mathematics but also cultivated rich philosophical, spiritual, and ethical traditions that continue to shape our understanding of the world.

The Vedas of ancient India, the Analects of Confucius, the teachings of the Buddha, and the philosophical works of Plato and Aristotle are just a few examples of the profound and enduring wisdom that emerged from the ancient world. These texts and traditions offer timeless insights into the human condition, the nature of the universe, and the pursuit of meaning and fulfillment.

In contrast to the often reductionist and compartmentalized approaches of modern science, ancient wisdom traditions tended to take a more holistic view of the world and the human experience. They recognized the interconnectedness of the physical, mental, emotional, and spiritual realms, and developed comprehensive systems for promoting individual and societal well-being.

The traditional Chinese practice of acupuncture, for instance, is rooted in the belief that the flow of vital energy, or "qi," through the body's meridians must be balanced for optimal health. Similarly, the Ayurvedic medicine of ancient India emphasizes the importance of maintaining harmony between the body's three fundamental energies, or "doshas," to prevent and treat illness.

These holistic approaches to health and well-being offer valuable insights that can complement and enrich our modern understanding of the human condition. By integrating ancient wisdom with contemporary scientific knowledge, we can develop more comprehensive and effective strategies for addressing the complex challenges of our time.

In an era marked by moral and ethical uncertainty, the wisdom of the ancients can provide much-needed guidance and perspective. Many ancient philosophical and religious traditions emphasized the importance of virtues like compassion, integrity, and justice, and offered frameworks for navigating the complexities of human relationships and societal dynamics.

The Confucian concept of "ren," or benevolence, the Buddhist principle of "ahimsa," or non-violence, and the Aristotelian idea of "eudaimonia," or the pursuit of a life well-lived, are just a few examples of the ethical and spiritual teachings that have endured for centuries. These timeless teachings can help us to cultivate a deeper sense of purpose, foster more harmonious relationships, and work towards the betterment of our communities and the world at large.

As we grapple with the challenges of the 21st century, from climate change and social inequality to the existential threats posed by emerging technologies, it is clear that we cannot rely solely on the tools and perspectives of the modern world. By rediscovering and embracing the wisdom of the ancients, we can tap into a rich reservoir of knowledge and insight that can help us to navigate the complexities of the present and shape a more sustainable and equitable future.



This is not to suggest that we should simply revert to the ways of the past, but rather that we should strive to integrate the timeless wisdom of our ancestors with the scientific and technological advancements of the modern era. By doing so, we can develop a more holistic and balanced approach to problem-solving, one that honors the rich tapestry of human experience and the enduring value of ancient knowledge.

In a world that is often characterized by rapid change and uncertainty, the wisdom of the ancients can serve as a steadfast anchor, reminding us of the fundamental truths and timeless principles and natural laws that have guided humanity through the ages. By embracing this ancient wisdom, we can not only deepen our understanding of ourselves and our place in the world but also chart a course towards a more just, sustainable, and fulfilling future...

## **A Visible Sign of Spiritual Progress.**

Concentration meditations are a powerful tool for spiritual growth and self-discovery. When we practice this type of meditation, we focus our minds on a single point, object or a thought. Then there becomes a light. This light is not a figment of our imagination, but a visible real manifestation.

The white light that we see during concentration meditation is known as the supreme light of concentration. This light is a sign of deep absorption and is the source of the bliss that we experience during meditation. It is a visible indication that we have entered a state of heightened awareness and are making progress on our spiritual journey.

To experience the supreme light of concentration, we must forget the outside world and fully engage in our meditation practice. This means letting go of distractions, worries, and doubts, and focusing all of our attention on the object of our meditation. When we are able to do this, we can enter a state of deep concentration and experience this supreme light.

For many yogis, experiencing the supreme light of concentration is a transformative experience. When we see this light, all doubts about the spiritual path vanish, and we come to a certainty and decision about the truthfulness of the path. This experience can be a turning point in our spiritual journey, giving us the confidence and motivation to continue on the path towards enlightenment.

The supreme light of concentration is not a subjective experience, but a visible thing that can be seen by anyone who practices concentration meditations. While the light may appear differently to different people, it is a real and evident manifestation of the power of concentration. By continuing to practice the concentration meditation, we can deepen our experience of this light and make progress on our spiritual journey.

In summary, the supreme light of concentration is a powerful fact for spiritual growth and self-discovery. When we see this light during our meditation, we know that we are making progress on our journey towards enlightenment. By forgetting the outside world and fully engaging in our practice, we can experience this light and gain a deeper understanding of mind, nature and the universe. The supreme light of concentration is a visible sign of progress and a reminder of the power of concentration meditation...

# The Art of Forgetting the Outside World.

The pursuit of happiness and pleasure is a universal human endeavor. However, in the modern world, we often find ourselves chasing after external sources of happiness, such as material possessions, social status, and sensory pleasures. These fleeting and temporary sources of happiness can leave us feeling unfulfilled, anxious, and disconnected from our true selves. In contrast, spirituality, contentment and inner peace offer a deeper and more lasting form of happiness and pleasure, one that is not dependent on external circumstances. In this writing, we will explore the art of forgetting the outside world and finding happiness in spirituality.

External sources of happiness can provide us with momentary pleasure and satisfaction, but they are ultimately limited and impermanent. Material possessions can break or become outdated, social status can be lost, and sensory pleasures can become dull or lead to addiction and suffering. Moreover, the constant pursuit of external happiness can create a sense of anxiety and restlessness, as we are always looking for the next source of pleasure or validation.

In contrast to external sources of happiness, spirituality and inner peace offer a deeper and more lasting form of happiness. Spirituality refers to the connection with something greater than ourselves, whether it be a divine being, super consciousness, nature, or the universe. This connection can provide us with a sense of purpose, meaning, and transcendence, as well as a source of comfort and guidance in times of difficulty.

Inner peace, on the other hand, refers to a state of calm, clarity, and contentment that arises from within. This state is not dependent on external circumstances, but rather on our ability to cultivate a peaceful and positive mindset. Inner peace can be achieved through practices of a meditation.

In order to fully experience the happiness and benefits of spirituality and inner peace, it is important to learn the art of forgetting the outside world. This does not necessarily mean that we, as worldly individuals, should completely abandon our responsibilities and relationships. Instead, it's about learning to let go of our attachment and dependence on external sources of happiness.

One way to forget the outside world is to create a dedicated space and time for spirituality and inner peace. This can be a quiet room in your house, a peaceful spot in nature, or doing a regular meditation. In spirituality love or attachment to objects is seen as a dangerous bond to the existence. Indeed, to truly reap the profound rewards of meditation, one must let go of the external world, for it is only then that the exalted states of consciousness, known as samadhi, can be attained.

Another way to forget the outside world is to cultivate a sense of non-attachment. This means recognizing that external sources of happiness are impermanent and ultimately unsatisfying, and instead focusing on the inner sources of happiness and peace. This can be achieved through practices such as mindfulness, which involves observing your thoughts and feelings without judgment or attachment, and self-reflection and contentment.

In the modern world, it is easy to get caught up in the pursuit of external sources of happiness, such as material possessions, social status, and sensory pleasures. However, these sources of happiness are ultimately limited and impermanent, and can leave us feeling unfulfilled and disconnected from our true selves. In contrast, spirituality and inner peace offer a deeper and more lasting form of happiness and pleasure, one that is not dependent on external circumstances. By learning the art of forgetting the outside world and cultivating a peaceful and positive mindset, we can fully experience the happiness and benefits of spirituality and inner peace...

# Differences Between Fools and Wise

## Men.

The concept of wisdom has been valued and sought after by humans for centuries. From ancient philosophers to modern-day self-help gurus, the idea of becoming wiser and more enlightened is something that many people aspire to. However, not everyone is equally wise, and there are significant differences between those who are considered fools and those who are considered wise men. In this writing, we will explore the reasons why fools and wise men are not equal and the key differences between them.

One of the main reasons fools and wise men are not equal is the significance of experience and knowledge. A wise man is someone who has gained a deep understanding of the world around them through a combination of education, experience, imagination, analyzing, a lot of knowledge and thinking. They have a broad base of knowledge that they can draw upon to make informed accurate decisions and to navigate the challenges of life.

Fools, on the other hand, are often characterized by a lack of knowledge, intelligence and experience. They may act impulsively, without considering the potential consequences of their actions, or they may make decisions based on incomplete or inaccurate information or on the wrong ideas of other people. This lack of knowledge, intelligence and experience can lead to poor decision-making, missed opportunities, and a general lack of success in life.

Another key difference between fools and wise men is the role of critical thinking and discernment. A wise man is someone who is able to think critically about the world around him, to question assumptions, and to

separate fact from fiction or false. They are able to discern between what is important and what is trivial, and to prioritize their time and energy accordingly.

Fools, on the other hand, are often characterized by a lack of critical thinking and discernment. They may be easily swayed by the opinions of others or by superficial appearances, and they may struggle to separate the signal from the noise in a complex and ever-changing world.

Finally, the differences between fools and wise men can be understood in terms of the importance of virtue and good character. A wise person is someone who is not only knowledgeable and discerning but also virtuous and of good character. They are honest, just, righteous, compassionate, and humble, and they strive to do what is right, even in the face of adversity.

Fools, on the other hand, may lack these qualities of virtue and good character. They may be dishonest, selfish, or arrogant, and they may prioritize their own desires and interests above righteousness, going beyond righteousness.

In summary, the differences between fools and wise men are significant and far-reaching. From the importance of experience and knowledge to the role of critical thinking and discernment, to the importance of virtue and good character, there are many reasons why fools and wise men are not equal. By striving to become wiser and more enlightened, we can all aspire to be more like the wise men of history and to live lives that are characterized by success, happiness, and fulfillment...

# Patanjali Yoga sutra.

Patanjali's Yoga Sutras, a collection of 196 aphorisms, is a foundational text in the vast and rich tradition of yoga. Compiled by the ancient Indian saint Patanjali, the Yoga Sutras serve as a comprehensive guide to the philosophy, practice, and ultimate goal of Samkhya Kriya yoga: self-realization or the union of the individual self with the universal self or getting moksha. The importance of the Yoga Sutras lies in its timeless wisdom, its holistic approach to well-being, and its relevance in the modern world. Patanjali Rishi, also known as Maharishi Patanjali, is an ancient Indian saint who is believed to have lived around the 2nd century BCE.

The Yoga Sutra of rishi Patanjali is a treasure trove of ancient knowledge, offering profound insights into the nature of the mind, the causes of suffering, and the path to moksha which according to Samkhya philosophy is the state of Purusha. The text is divided into four sections or padas, each of which delves into a different aspect of yoga. The first pada, Samadhi Pada, explores the concept of Samadhi or the ultimate state of consciousness. The second pada, Sadhana Pada, outlines the practices or sadhanas that are necessary for the attainment of Samadhi. The third pada, Vibhuti Pada, describes the various powers or vibhutis that are acquired as a result of these meditation practices. The final pada, Kaivalya Pada, discusses the concept of Kaivalya or Purusha.

The Yoga Sutras present a holistic approach to well-being, emphasizing the interconnectedness of the universe, body, mind, and consciousness. The text outlines the eight limbs or aspects of yoga, which include the physical practices of asanas (postures) and pranayama (breath control), the ethical practices of yamas (restraints) and niyamas (observances), the mental practices of pratyahara (sense withdrawal), dharana (concentration), and dhyana (trances), and the ultimate state of Samadhi the Purusha nature. By engaging in these practices, the Yoga Sutras suggest that we can not only

improve our physical health and mental well-being but also embark on a journey of spiritual discovery and transformation. This yoga sutra of the saint Patanjali explains the Sankhya philosophy. The goal of Samkhya philosophy is to attain the state of Purusha. Here is the Patanjali Yoga sutra taught by the rishi Patanjali.

### **Chapter 1 Samadhi Pada (Concentration):**

- 1) Now concentration is explained.
- 2) Yoga is restraining the mind-stuff (Chitta) from taking various forms (Vrttis).
- 3) At that time (the time of concentration) the seer (the Purusa) rests in its own (unmodified) state.
- 4) At other times (other than that of concentration) the seer is identified with the modifications.
- 5) There are five classes of modification, painful and not painful.
- 6) (These are) right knowledge, indiscrimination, verbal delusion, sleep, and memory.
- 7) Direct perception, inference, and competent evidence, are proofs.
- 8) Indiscrimination is false knowledge not established in real nature.
- 9) Verbal delusion follows from words having no (corresponding) reality.
- 10) Sleep is a Vritti which embraces the feeling of voidness.
- 11) Memory is when the (Vrittis of) perceived subjects do not slip away (and through impressions come back to consciousness).
- 12) Their control is by practice and non-attachment.



- 13) Continuous struggle to keep them (the Vrittis) perfectly restrained is practice.
- 14) Its ground becomes firm by long, constant efforts with great love (willingness for the end to be attained).
- 15) That effort, which comes to those who have given up their thirst after objects either seen or heard, and which wills to control the objects, is non-attachment.
- 16) That extreme non-attachment, giving up even the qualities, shows (the real nature of) the Purusa.
- 17) The concentration called right knowledge is that which is followed by reasoning, discrimination, bliss, unqualified ego.
- 18) There is another Samadhi which is attained by the constant practice of cessation of all mental activity, in which the Chitta retains only the unmanifested impressions.
- 19) This Samadhi, when not followed by extreme non-attachment becomes the cause of the re-manifestation of the gods and of those that become merged in nature.
- 20) To others (this Samadhi) comes through faith, energy, memory, concentration, and discrimination of the real.
- 21) Success is speeded for the extremely energetic.
- 22) They again differ according as the means are mild, medium or supreme.
- 23) Or by devotion to Isvara.
- 24) Isvara (the Supreme Ruler) is a special Purusa, untouched by misery, the results of actions, or desires.

- 25) In him becomes infinite that all-knowingness which in others is (only) a germ.
- 26) He is the Teacher of even the ancient teachers, being not limited by time.
- 27) His manifesting word is Om.
- 28) The repetition of this (Om) and meditating on its meaning is the way.
- 29) From that is gain the knowledge of introspection, and the destruction of obstacles.
- 30) Disease, mental laziness, doubt, calmness, cessation, false perception, non-attaining concentration, and falling away from the state when obtained, are the obstructing distractions.
- 31) Grief, mental distress, tremor of the body and irregular breathing, accompany non-retention of concentration.
- 32) To remedy this practice of one subject should be made.
- 33) Friendship, mercy, gladness, indifference, being thought of in regard to subjects, happy, unhappy, good and evil respectively, pacify the Chitta (the mind).
- 34) By throwing out and restraining the Breath,
- 35) Those forms of concentration that bring extraordinary sense perceptions cause perseverance of the mind.
- 36) Or (by the meditation on) the Effulgent One which is beyond all sorrow.
- 37) Or (by meditation on) the heart that has given up all attachment to sense objects.
- 38) Or by meditating on the knowledge that comes in sleep.

- 39) Or by meditation on anything that appeals to one as good.
- 40) The Yogi's mind thus meditating, becomes un-obstructed from the atomic to the Infinite.
- 41) The Yogi whose Vrittis have thus become powerless (controlled) obtains in the receiver, receiving, and received (the self, the mind and external objects), concentratedness and sameness, like the crystal (before different coloured objects.)
- 42) Sound, meaning, and resulting knowledge, being mixed up, is (called Samadhi) with reasoning.
- 43) The Samadhi called without reasoning (comes) when the memory is purified, or devoid of qualities, expressing only the meaning (of the meditated object).
- 44) By this process (the concentrations) with discrimination and without discrimination, whose objects are finer, are (also) explained.
- 45) The finer objects end with the Pradhana.
- 46) These concentrations are with seed.
- 47) The concentration "without reasoning" being purified, the Chitta (mind) becomes firmly fixed.
- 48) The knowledge in that is called "filled with Truth."
- 49) The knowledge that is gained from testimony and inference is about common objects. That from the Samadhi just mentioned is of a much higher order, being able to penetrate where inference and testimony cannot go.
- 50) The resulting impression from this Samadhi obstructs all other impressions.

- 51) By the restraint of even this (impression, which obstructs all other impressions), all being restrained, comes the “seedless” Samadhi.

## **Chapter 2 Sadhana Pada (Doing):**

- 1) Mortification, study, and surrendering fruits of work to God are called Kriya Yoga.
- 2) (They are for) the practice of Samadhi and minimising the pain-bearing obstructions.
- 3) The pain-bearing obstructions are - ignorance, egoism, attachment, aversion, and clinging to life.
- 4) Ignorance is the productive field of all them that follow, whether they are dormant, attenuated, overpowered, or expanded.
- 5) Ignorance is taking that which is non-eternal, impure, painful, and non-Self, for the eternal, pure, happy, Atman (Self).
- 6) Egoism is the identification of the seer with the instrument of seeing.
- 7) Attachment is that which dwells on pleasure.
- 8) Aversion is that which dwells on pain.
- 9) Flowing through its own nature, and established even in the learned, is the clinging to life.
- 10) They, to-be-rejected-by-opposite-modifications, are fine.
- 11) By meditation, their modifications are to be rejected.
- 12) The receptacle of works has its root in these pain-bearing obstructions, and their experience in this visible life, or in the unseen life.

- 13) The root being there, the fruition comes (in the form of) species, life, and expression of pleasure and pain.
- 14) They bear fruit as pleasure or pain, caused by virtue or vice.
- 15) To the discriminating, all is, as it were, painful on account of everything bringing pain, either in the consequences, or in apprehension, or in attitude caused by impressions, also on account of the counter action of qualities.
- 16) The misery which is not yet come is to be avoided.
- 17) The cause of that which is to be avoided is the junction of the seer and the seen.
- 18) The experienced is composed of elements and organs, is of the nature of illumination, action and inertia, and is for the purpose of experience and release (of the experiencer).
- 19) The states of the qualities are the defined, the undefined, the indicated only, and the signless.
- 20) The seer is intelligence only, and though pure, seen through the colouring of the intellect.
- 21) The nature of the experience is for him.
- 22) Though destroyed for him whose goal has been gained, yet is not destroyed, being common to others.
- 23) Junction is the cause of the realisation of the nature of both the powers, the experienced and its Lord.
- 24) Ignorance is its cause.
- 25) There being absence of that (ignorance) there is absence of junction, which is the thing-to-be-avoided; that is the independence of the seer.

- 26) The means of destruction of ignorance is unbroken practice of discrimination.
- 27) His knowledge is of the sevenfold highest ground.
- 28) By the practice of the different parts of Yoga the impurities being destroyed knowledge becomes effulgent, up to discrimination.
- 29) Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, are the limbs of Yoga.
- 30) Non-killing, truthfulness, non-stealing, continence, and non-receiving, are called Yama.
- 31) These, unbroken by time, place, purpose, and caste, are (universal) great vows.
- 32) Internal and external purification, contentment, mortification, study, and worship of God, are the Niyamas.
- 33) To obstruct thoughts which are inimical to Yoga contrary thoughts will be brought.
- 34) The obstructions to Yoga are killing etc., whether committed, caused, or approved; either through avarice, or anger, or ignorance; whether slight, middling, or great, and result is innumerable ignorances and miseries. This is (the method of) thinking the contrary.
- 35) Non-killing being established, in his presence all enmities cease (in others).
- 36) By the establishment of truthfulness the Yogi gets the power of attaining for himself and others the fruits of work without the works.
- 37) By the establishment of non-stealing all wealth comes to the Yogi.
- 38) By the establishment of continence energy is gained.

- 39) When he is fixed in non-receiving he gets the memory of past lives.
- 40) Internal and external cleanliness being established, arises disgust for one's own body, and non-intercourse with other bodies.
- 41) There also arises purification of the Sattva, cheerfulness of the mind, concentration, conquest of the organs, and fitness for the realization of the Self.
- 42) From contentment comes superlative happiness.
- 43) The result of mortification is bringing powers to the organs and the body, by destroying the impurity.
- 44) By repetition of the mantra (Om) comes the realization of the intended deity.
- 45) By sacrificing all to Isvara (Nature) comes Samadhi.
- 46) Posture is that which is firm and pleasant.
- 47) By slight effort and meditating on the unlimited, meditation posture becomes firm and pleasant.
- 48) Seat being conquered, the dualities do not obstruct.
- 49) Controlling the motion of the exhalation and the inhalation follows after this.
- 50) Its modifications are either external or internal, or motionless, regulated by place, time, and number, either long or short.
- 51) The fourth is restraining the Prana by directing it either to the external or internal objects.
- 52) From that, the covering to the light of the Chitta is attenuated.

- 53) The mind becomes fit for Dharana.
- 54) The drawing in of the organs is by their giving up their own objects and taking the form of the mind-stuff.
- 55) Pratyahara results in the absolute control of the sense organs.

### **Chapter 3 Vibhuti Pada (Powers):**

- 1) Dharana is holding the mind on to some particular object.
- 2) An unbroken flow of knowledge to that object is Dhyana.
- 3) When that, giving up all forms, reflects only the meaning, it is Samadhi.
- 4) (These) three (when practised) in regard to one object is Samyama.
- 5) By the conquest of that comes light of knowledge.
- 6) That should be employed in stages.
- 7) These three are nearer than those that precede.
- 8) But even they are external to the seedless Samadhi.
- 9) By the suppression of the disturbed modifications of the mind, and by the rise of modifications of control, the mind is said to attain the controlling modifications - following the controlling powers of the mind.
- 10) Its flow becomes steady by habit.
- 11) Taking in all sorts of objects and concentrating upon one object, these two powers being destroyed and manifested respectively, the Chitta gets the modification called Samadhi.



- 12) The one-pointedness of the Chitta is when it grasps in one, the past and present.
- 13) By this is explained the threefold transformations of form, time and state, in fine or gross matter, and in the organs.
- 14) That which is acted upon by transformations, either past, present or yet to be manifested, is the qualified.
- 15) The succession of changes is the cause of manifold evolution.
- 16) By making Samyama on the three sorts of changes comes the knowledge of past and future.
- 17) By making Samyama on word, meaning, and knowledge, which are ordinarily confused, comes the knowledge of all animal sounds.
- 18) By perceiving the impressions, knowledge of past lives.
- 19) By making Samyama on the signs in another's both knowledge of that mind comes.
- 20) But not its contents, that not being the object of the Samyama.
- 21) By making Samyama on the form of the body the power of perceiving forms being obstructed, the power of manifestation in the eye being separated, the Yogi's body becomes unseen.
- 22) By this the disappearance or concealment of words which are being spoken is also explained.
- 23) Karma is of two kinds, soon to be fructified, and late to be fructified. By making Samyama on that, or by the signs called Arishta, portents, the Yogis know the exact time of separation from their bodies.
- 24) By making Samyama on friendship, etc, various strengths come.

- 25) By making Samyama on the strength of the elephant, etc, that strength comes to the Yogi.
- 26) By making Samyama on that effulgent light comes the knowledge of the fine, the obstructed, and the remote.
- 27) By making Samyama on the sun, (comes) the knowledge of the world.
- 28) On the moon, (comes) the knowledge of the cluster of stars.
- 29) On the pole star (comes) the knowledge of the motions of the stars.
- 30) On the navel circle (comes) the knowledge of the constitution of the body.
- 31) On the hollow of the throat (comes) cessation of hunger.
- 32) On the nerve called Kurma (comes) fixity of the body.
- 33) On the light emanating from the top of the head sight of the Siddhas.
- 34) Or by the power of Pratibha all knowledge.
- 35) On the heart, knowledge of minds.
- 36) Enjoyment comes by the non-discrimination of the very distant soul and Sattva. Its actions are for another; Samyama on this gives knowledge of the Purusa state.
- 37) From that arises the knowledge of hearing, touching, seeing, tasting, and smelling, belonging to Pratibha.
- 38) These are obstacles to Samadhi; but they are powers in the worldly state.
- 39) When the cause of bondage has become loosened, the Yogi, by his knowledge of manifestation through the organs, enters another's body.

- 40) By conquering the current called Udana, the Yogi does not sink in water, or in swamps, and he can walk on thorns.
- 41) By the conquest of the current Samana, he is surrounded by blaze.
- 42) By making Samyama on the relation between the ear and the space, comes divine hearing.
- 43) By making Samyama on the relation between the space and the body the Yogi becoming light as cotton wool goes through the skies.
- 44) By making Samyama on the real modifications of the mind, which are outside, called great disembodiness, comes disappearance of the covering to light.
- 45) By making Samyama on the elements, beginning with the gross, and ending with the super fine, comes mastery of the elements.
- 46) From that comes minuteness, and the rest of the powers, "glorification of the body," and indestructibleness of the bodily qualities.
- 47) The glorifications of the body are beauty, complexion, strength, adamantine hardness.
- 48) By making Samyama on the objectivity, knowledge and egoism of the organs, by gradation comes the conquest of the organs.
- 49) From that comes glorified mind, power of the organs independently of the body, and conquest of nature.
- 50) By making Samyama on the Sattva, to him who has discriminated between the intellect and the Purusa comes the state of being everywhere at once and all knowing (divine seeing intelligence).
- 51) By giving up even these comes the destruction of the very seed of evil; he attains Kaivalya (isolation).

- 52) The Yogi should not feel allured or flattered by the overtures of celestial beings, for fear of evil again.
- 53) By making Samyama on a particle of time and its multiples comes discrimination.
- 54) Those which cannot be differentiated by species, sign and place, even they will be discriminated by the above Samyama.
- 55) The saving knowledge is that knowledge of discrimination which covers all objects, all means.
- 56) By the similarity of purity between the Sattva and the Purusa comes Kaivalya.

#### **Chapter 4 Kaivalya Pada (Release):**

- 1) The Siddhis (super powers) are attained by birth, chemical means, power of words, mortification or concentration.
- 2) The change into another species is by the filling in of nature.
- 3) Good deeds, etc, are not the direct causes in the transformation of nature, but they act as breakers of obstacles to the evolutions of nature, as a farmer breaks the obstacles to the course of water, which then runs down by its own nature.
- 4) From egoism alone proceed the created minds.
- 5) Though the activities of the different created minds are various, the one original mind is the controller of them all.
- 6) Among the various Chittas that which is attained by Samadhi is desireless.

- 7) Works are neither black nor white for the Yogis; for others they are threefold, black, white, and mixed.
- 8) From these threefold works are manifested in each state only those desires (which are) fitting to that state alone. (The others are held in abeyance for the time being.)
- 9) There is connectiveness in desire, even though separated by species, space and time, there being identification of memory and impressions.
- 10) Thirst for pleasure being eternal, desires are without beginning.
- 11) Being held together by cause, effect, support, and objects, in the absence of these is its absence.
- 12) The past and future exist in their own nature, qualities having different ways.
- 13) They are manifested or fine, being of the nature of the Gunas.
- 14) The unity in things is from the unity in changes. Though there are three substances their changes being co-ordinated all objects have their unity.
- 15) The object being the same, perception and desire vary according to the various minds.
- 16) Things are known or unknown to the mind, being dependent on the colouring which they give to the mind.
- 17) An object exists independent of its cognizance by any one consciousness. What happens to it when that consciousness is not there to perceive it?
- 18) The states of the mind are always known because the lord of the mind is unchangeable.
- 19) Mind is not self-luminous, being an object.

- 20) From its being unable to cognize two things at the same time.
- 21) Another cognizing mind being assumed there will be no end to such assumptions and confusion of memory.
- 22) The essence of knowledge (the Purusha) being un-changeable, when the mind takes its form, it becomes conscious.
- 23) Coloured by the seer and the seen the mind is able to understand everything.
- 24) The mind through its innumerable desires acts for another (the Purusa), being combinations.
- 25) For the discriminating the perception of the mind as Atman ceases.
- 26) Then bent on discriminating the mind attains the previous state of Kaivalya (isolation).
- 27) The thoughts that arise as obstructions to that are from impressions.
- 28) Their destruction is in the same manner as of ignorance, etc., as said before.
- 29) Even when arriving at the right discriminating knowledge of the senses, he who gives up the fruits, unto him comes as the result of perfect discrimination, the Samadhi called the cloud of virtue.
- 30) From that comes cessation of pains and works.
- 31) Then knowledge, bereft of covering and impurities, becoming infinite, the knowable becomes small.
- 32) Then are finished the successive transformations of the qualities, they having attained the end.

- 33) The changes that exist in relation to moments, and which are perceived at the other end (at the end of a series) are succession.
- 34) The resolution in the inverse order of the qualities, perfect of any motive of action for the Purusa, is Kaivalya, or it is the establishment of the power of knowledge in its own nature.

In a world that is increasingly characterized by stress, anxiety, and uncertainty, the wisdom of the Yoga Sutras is more relevant than ever. The text's emphasis on the cultivation of inner peace and happiness, through the practices of yoga, is a powerful antidote to the challenges of modern life. Moreover, the Yoga Sutras' universal and non-sectarian approach to spirituality makes it accessible and appealing to people of all backgrounds and beliefs.

In short, the importance of Patanjali's Yoga Sutras lies in its timeless wisdom, its holistic approach to well-being, and its relevance in the modern world. As a comprehensive guide to the philosophy, practice, and ultimate goal of yoga, the Yoga Sutras continues to inspire and transform the lives of countless individuals, both in the East and the West...

## **Zoroastrian Religion of Persia.**

Zoroastrianism is one of the oldest monotheistic religions in the world, founded by the prophet Zoroaster in ancient Persia around 6th century BCE. It is based on the teachings of Zoroaster, who preached the worship of one God, Ahura Mazda, and the importance of living a righteous life. One of the central and the most important aspects of Zoroastrianism is the practice of meditation and the attainment of various states of consciousness, known as trances or jhanas, and the realization of the ultimate and the most sublime

reality, known as Ahura Mazda. In this writing, we will explore the meditation practices of Zoroastrianism and their importance in the spiritual and the philosophical system of this religion.

Meditation in Zoroastrianism is one of the most important and the most distinctive features of this religion. The idea of meditation in Zoroastrianism is based on the belief that the soul or the consciousness, known as Urvan, is eternal and that it can attain various states of consciousness, known as samdhi, trances or jhanas, through the practice of yoga or meditation.

Ahura Mazda is a central God in Zoroastrianism religion, an ancient religion that originated in Iran (Persia). Ahura Mazda is considered the supreme being, almighty God, the creator of the universe, and the source of all goodness, mercy, wisdom, and light.

In Zoroastrianism, Ahura Mazda is not a distant or aloof deity, but rather one who is actively involved in the world and the lives of human beings. Zoroastrians believe that Ahura Mazda has a divine plan for the universe and that humans have an important role to play in that plan.

Zoroastrians also believe in the existence of an evil force, known as Angra Mainyu or Ahriman, who opposes Ahura Mazda and seeks to bring darkness, chaos, and destruction to the world. Ahura Mazda is seen as the ultimate protector, almighty God and defender against this evil force.

Ahura Mazda is often depicted in Zoroastrian art and symbolism as a wise and benevolent figure, surrounded by light and accompanied by other divine beings or symbols of goodness and mercy. Zoroastrianism has had a significant influence on other religions, including Judaism, Christianity, and Islam, and Ahura Mazda is sometimes seen as a precursor to the monotheistic concept of God in those traditions.

The idea of meditation in Zoroastrianism is the means and the way to attain the ultimate and the most sublime goal of Zoroastrianism religion, which is the realization of the ultimate and the most sublime reality, known as almighty God Ahura Mazda. The concept of meditation in Zoroastrianism is the means and the way to transcend the perception of the material world



and the perception of the self, known as the ego or the I, and to realize the ultimate and the most sublime reality, which is beyond and above the material world, form and the self.

The meditation practices of Zoroastrianism are one of the most important and the most significant aspects of this religion. The meditation practices of Zoroastrianism are based on the teachings of Zoroaster and the sacred texts of this religion, known as the Avesta.

The meditation practices of Zoroastrianism include various techniques and methods, such as the repetition of the sacred mantras and the prayers, the visualization of the divine and the spiritual symbols, the contemplation of the divine and the spiritual truths, concentrating the mind into one object, and the cultivation of the divine spiritual virtues such as abstaining from falsehood, mercy, magnanimity, openhandedness.

Meditation is a crucial aspect of Zoroastrianism, as it is believed to facilitate the soul's journey towards the ultimate goal of realizing the supreme reality, Ahura Mazda. The significance of meditation lies in its potential to help practitioners transcend materialistic and ego-centric perceptions, thereby allowing for a deeper understanding of reality. Through meditation, Zoroastrians aim to achieve different states of consciousness and connect with Ahura Mazda, which exists beyond physical and mental constructs. Ahura Mazda, in the Zoroastrian religion, is considered a transcendent and supreme being, beyond human comprehension.

In summary, the Zoroastrian religion of Persia is one of the oldest monotheistic religions in the world, founded by the prophet Zoroaster in ancient Persia. One of the central and the most important aspects of Zoroastrianism is the practice of meditation and the attainment of various states of consciousness, known as samadhi, trances or jhanas, and the realization of the ultimate and the most sublime reality, known as almighty god Ahura Mazda...

# The Equality of Nature.

Nature, in its big and diverse manifestations, is a profound and powerful teacher. It embodies and reflects the principles of unity, equality, and interdependence, which are essential for the harmony, balance, and sustainability of the world.

One of the most profound lessons that nature teaches is the equality of its elements for all creatures. The sun rays, the wind, the rain, and the earth, all treat equally to all the creatures, without any discrimination or bias. This lesson has significant implications for the understanding of nature and truth, and their unity and equality.

It is visible that those who believe and those who do not believe both experience pains and pleasures in life equally. This is a visible truth that we all can see. The elements of nature, such as air, earth, water, heat and things such as the sun rays, the wind, the rain, and the soil, are essential for the survival, growth, and well-being of all creatures. They provide the energy, nutrients, and conditions necessary for life to exist and thrive.

In their provision and function, these elements exhibit a profound and consistent equality. They do not discriminate or favor any creature based on their species, appearance, or behavior or anything. The sun rays shine equally on all, the wind blows equally for all, the rain falls equally on all, and the earth supports and nourishes equally all. This equality of nature is a reminder that all creatures are part of a single, interconnected web of life, one single truth, one nature, one ultimate reality. Therefore, the correct liberation must be a one single truth contrary to the various ideas of people. Similarly, the truth should be a single matter.

The lesson of the equality of nature's forces has significant implications for the understanding of liberation and truth, and their unity and equality.

Liberation, in the spiritual context, refers to the state of complete freedom and enlightenment, which is achieved by breaking free from the cycle of birth and death, and the bonds of ignorance, desire, and karma. The equality of nature's forces suggests that the liberation of all creatures is one ultimate truth. Nature does not care about various people having various opinions about it. Nature is Nature to all. And the ultimate truth is one.

Also, it suggests that ultimate truth is a state that is not dependent on or limited by the differences and divisions of the physical world, such as appearance, or wealth and various views of people. Rather, it is a true natural state that is accessible to all creatures, as a result of following a correct path to it. Truth, in the spiritual context, refers to the ultimate, absolute, eternal, and unchanging reality, which is beyond birth, the pains of existence, and death. It is an eternal nature...

## **Understanding the Patterns in Life.**

Have you ever noticed that certain types of situations or events tend to recur in a pattern in your life? This is a common experience that many people have. It's as if the universe is sending us a message, or perhaps, it's an opportunity to look into the inner workings of the universe itself.

The natural law of causes and effects is a fundamental principle in understanding the patterns in our lives. It's a natural law that dictates that every action has a consequent reaction. In other words, nothing in the universe happens without a cause.

For instance, consider the simple act of walking. A person walks after thinking, which means the action of walking was caused by the person's

thought. This cause-and-effect relationship is evident in all aspects of our lives, and understanding it can provide us with valuable insights.

Some people seem to have all the luck. No matter what they do, they always seem to succeed. On the other hand, there are those who, despite their best efforts, always seem to be on the losing end.

Similarly, there are people who always seem to have health issues, while others enjoy good health no matter what. Some people always seem to have problems related to moving, such as breaking a leg, a car, or living in an area with poor access to transportation. Others always seem to have problems related to their eyesight or vision.

In the realm of relationships, some people always seem to have a hard time making friends. No matter what they do, they always seem to be left alone or betrayed by their friends.

These patterns in our lives are not mere coincidences. They are a result of the causes and effects natural law. To understand these patterns, we need to closely and carefully analyze the situations in our lives.

For instance, a person who always seems to succeed in their endeavors might be a result of their positive attitude, hard work, or the right decisions they've made in the past. On the other hand, a person who always seems to be on the losing end might be a result of their negative attitude, lack of effort, or poor decisions they've made in the past. Karma which is another form of cause and effect natural law also plays a role in these things. But Karma is not visible to the eyes just like these visible causes.

Similarly, a person who always seems to have health issues might be a result of their unhealthy lifestyle, lack of exercise, or poor diet. A person who always seems to have problems in their relationships might be a result of their negative attitude, lack of trust, or poor communication skills.

Understanding the patterns in our lives can provide us with valuable insights into our own behavior and the consequences of our actions. It can help us

make better decisions, improve our relationships, and live a healthier and more fulfilling life.

Moreover, understanding the patterns in our lives can also provide us with a deeper understanding of the universe and its inner workings. It can help us realize that everything in the universe is interconnected, and that our actions, no matter how small, can have a profound impact on the world around us.

In summary, the patterns in our lives are not mere coincidences. They are a result of the causes and effects natural law. To understand these patterns, we need to closely and carefully analyze the situations in our lives. Understanding the patterns in our lives can provide us with valuable insights into our own behavior and the consequences of our actions. It can also provide us with a deeper understanding of the universe and its inner workings...

## **Samsara or Reincarnation Circle.**

The doctrine of samsara or the cycle of rebirth and reincarnation is central to several Eastern religions, including Hinduism, Buddhism, Jainism, and Sikhism. Let's learn more about the samsara (reincarnation cycle) in various religions.

Hinduism:

In Hinduism, samsara is viewed as a seemingly endless cycle of birth, death, and rebirth, governed by karma, the accumulated sinful or meritorious karma deeds of previous lives. The cycle continues until the soul achieves moksha (freedom), which is the ultimate goal. Moksha is attained through various

paths such as devotion (bhakti), knowledge (jnana), yoga meditations and righteous actions (meritorious karma).

- Duration: The cycle of samsara can last countless lifetimes. There is no fixed number of rebirths; it continues until one achieves moksha.
- Process: The soul transmigrates from one body to another based on its karmas until it is freed from the cycle by realizing its unity with Brahman (the ultimate reality).

#### Buddhism:

In Buddhism, samsara is also the cycle of birth, death, and rebirth, driven by karma and ignorance. The goal is to achieve nirvana, the cessation of suffering and liberation from samsara. This is achieved by following the Noble Eightfold Path.

- Duration: The cycle is considered indefinite. It lasts until one attains nirvana.
- Process: Through ethical conduct, meditation, and wisdom, one can eliminate desires and ignorance, thus breaking free from samsara also known as reincarnation.

#### Jainism:

In Jainism, samsara is an endless cycle of births and deaths influenced by karma. The goal is to achieve moksha (freedom), which is attained through strict ethical conduct, non-violence (ahimsa), and asceticism.

- Duration: The cycle of samsara is considered to last innumerable lifetimes. Liberation from samsara is achieved by purifying the soul of all sinful and meritorious karmas.
- Process: Liberation is attained through self-discipline, non-attachment, and acquiring right knowledge, right faith, and right conduct.

#### Sikhism:

Sikhism also acknowledges the cycle of birth and rebirth. Sikhism emphasizes devotion to God and living a truthful life to achieve liberation (mukti).

- Duration: The cycle of rebirth continues until one realizes God and merges with God.

- Process: Through devotion, righteous living, and remembrance of God, one can break free from samsara.

Philosophical Interpretation:

The number of times one is reborn in samsara is typically seen as countless and infinite. One dies and reborn again and again in new lives or bodies. The cycle is vast and continues until spiritual liberation is achieved. In many spiritual texts and teachings across these religions, it's often expressed that trying to quantify the exact number of rebirths is beyond human comprehension and serves as a reminder of the importance of striving for liberation in the present life.

In short, the doctrine of samsara underscores the impermanent nature of life and the importance of spiritual development or getting liberation. While the exact duration and number of rebirths in samsara are vast and indefinite, the shared goal across these traditions is to achieve liberation, thereby breaking free from the cycle of birth, death, and rebirth...

## Why bad luck in my life?

“In my whole life I have experienced bad luck. I am so tired. Most of the time I was in unhappiness. If God exists why are some of us just constantly totally thrown one curve of bad luck after another? I’m not going to bore you with my stories but suffice to say some have made a joke out of my incredible constant bad luck, that is now taking my health away. So what is the answer, God if there is a god just has no control and the universe was set up so some of us just get sh\*t on constantly? Or what?”

Dear friend,

Have you been feeling like you are constantly being exposed to bad luck or misfortune? Do you feel like no matter what you do, things just don't seem to go your way? If so, I want to share with you a powerful practice that can help turn your luck around.

The practice I am referring to is meditation. Meditation is a simple yet powerful tool that can help you cultivate good karmas, which in turn can attract good luck and fortune into your life.

To practice meditation, all you need to do is find a quiet and comfortable place to sit, close your eyes, and focus your mind on a single point of concentration, such as your breath or a meditation mantra. There are a lot of easy meditations such as Anapanasati meditation or Loving-kindness meditation. You can start with just a few minutes a day and gradually increase the duration as you become more comfortable with the meditation practice.

The key to success with meditation is consistency. By making meditation a daily habit, you can begin to reap its many benefits, including improved mental clarity, reduced stress and anxiety, good physical health and increased feelings of happiness and well-being.

But perhaps the most exciting benefit of meditation is its ability to help you attract good luck and fortune into your life. According to the law of karma, every action we take has a corresponding reaction, and by cultivating good karmas through meditation, we can attract positive experiences and outcomes into our lives.

So if you are ready to turn your luck around and start attracting more wealth, health, and happiness into your life, I encourage you to give meditation a try. Learn how to do a correct meditation correctly. Keep your mind always focused on your meditation practice, and watch as your bad luck turns into good luck.

Remember, fortune favors the bold, and by taking bold action to cultivate good karmas through meditation, you can become a lucky person and create the life you desire. Wishing you all the best!...



## Importance of Brahmacharya.

Brahmacharya, a term rooted in ancient Indian philosophy, refers to the practice of celibacy or abstinence, often as a means to channel one's energy towards spiritual or intellectual pursuits. This practice, which involves the retention of semen, is believed to have profound implications on an individual's health, karma, and overall strength.

One of the most significant benefits of Brahmacharya, as advocated by its proponents, is the improvement in physical health. The truth is that by refraining from sexual activities, the body retains vital energy that would otherwise be expended. This conserved energy is thought to fortify the body's defenses, thereby reducing the likelihood of illness. The practice of Brahmacharya often goes hand in hand with a disciplined lifestyle, which can indeed contribute to better health.

In the context of karma, the practice of Brahmacharya is seen as a virtuous act. By consciously choosing to abstain from lustful thoughts and actions, practitioners are believed to accumulate good karma. This positive energy is thought to manifest in various forms of pleasure and contentment in the present and future lives. The concept of Brahmacharya, therefore, serves as a reminder to individuals about the importance of self-control and the long-term benefits of leading a disciplined, virtuous life.

Brahmacharya is also believed to enhance an individual's overall strength, both physically and mentally. The practice of celibacy, especially when

combined with other forms of discipline such as yoga or meditation, can lead to increased endurance and vitality. Moreover, the act of resisting temptation and maintaining self-control can significantly boost one's mental resilience and willpower. According to the teachings of various saints, these strengths are not confined to the current life but are carried forward into the next, thereby shaping one's existence in profound ways.

In summary, the practice of Brahmacharya, as per its advocates, offers a multitude of benefits that span across an individual's health, karma, and strength. While the skeptical community may have varying views on these claims, the practice serves as a powerful philosophical tool, reminding us about the importance of self-control, discipline, and the pursuit of higher, more profound goals...

## **Power of Positive Thinking.**

In the realm of personal development and mental well-being, the concept of positive thinking has gained significant traction. It is the practice of focusing on the positive thoughts and positive aspects of life, rather than dwelling on the negative, and it has been shown to have a profound impact on our experiences and the world around us. One of the most potent forms of positive thinking is rooted in the universal principles of loving-kindness and compassion.

Loving-kindness, often defined as a selfless and benevolent concern for the well-being of others, is a powerful catalyst for positive thinking. By actively cultivating thoughts and actions that are rooted in loving-kindness mentality, we not only brighten our own lives but also those of the people around us.

Moreover, according to the law of karma, these benevolent thoughts and actions generate good karma, which can manifest in the form of happiness, good luck, and other positive experiences in the present and future.

Compassion, which is often described as a deep awareness or empathy of the suffering of others, coupled with the wish to alleviate it, is another potent form of positive thinking. In a world that is often marred by pain and suffering, compassion serves as a beacon of hope and healing. By actively nurturing compassionate thoughts and actions, we can not only contribute to the alleviation of suffering but also foster a sense of interconnectedness with the universe around us. Like loving-kindness, compassion also generates good karma, further reinforcing the benefits of this form of positive thinking.

The practice of positive thinking or positive mentalities, especially when rooted in loving-kindness and compassion, is not always an easy endeavor. It often requires a conscious and consistent effort to reframe our thoughts and actions in a more benevolent and compassionate light. However, the benefits of this practice are well worth the effort.

To begin with, we can start by cultivating a daily practice of loving-kindness meditation or compassion meditation. This could involve dedicating a few minutes each day to send thoughts of loving-kindness to ourselves and others or engaging in acts of compassion, no matter how small. Additionally, we can strive to be mindful of our thoughts and actions throughout the day, actively working to replace any negative or harmful thoughts with ones that are rooted in loving-kindness and compassion.

The power of positive thinking, especially when it is rooted in the universal principles of loving-kindness and compassion, is immense. By actively cultivating these benevolent and compassionate thoughts and actions, we can not only transform our own lives but also contribute to the creation of a more loving and compassionate world.

#### The Meditation:

Here's a Loving-kindness meditation technique for you to engage in: Find a quiet and comfortable place to sit. Close your eyes and take a few deep breaths to center yourself. Allow your mind to settle and bring your

awareness to the present moment. Begin by setting an intention for your meditation. "May I cultivate loving-kindness and compassion for all beings. May my mind be free from hatred and ill-will." Then think "May all big beings and small beings be happy. May all beings be free from hatred. May they live in peace and harmony." Then, radiate thoughts of loving-kindness to all beings. Envision those in every direction—large and small, seen and unseen, those already born and those yet to be, including creatures still in eggs or wombs. Extend this loving-kindness thought to the long and short, to those in fear and those free from fear. Consider beings you can see with your eyes, as well as those you cannot, such as microscopic organisms or spirits and ghosts. Embrace them all with thoughts free of hatred. Let this benevolence reach in all eight directions and above and below. Embrace this awareness fully, concentrate and immerse yourself in this boundless loving-kindness. Get concentrated on the loving-kindness object...

## Who is Siva?

Siva, one of the most revered deities in Hinduism, is often depicted as a powerful figure with a blue neck, a trident, and a serpent around his neck. However, the true nature of Siva is not confined to these physical attributes. This writing will delve into the hidden truth behind Siva, exploring the truth that Siva is a mental state, formless and attainable through meditation.

In Hinduism, deities are often seen as embodiments of abstract concepts and spiritual ideals. Siva, in this context, represents the ultimate reality or the supreme consciousness. This interpretation of Siva transcends the physical form, highlighting the idea that Siva is a state of formless nature, a state of pure consciousness and awareness.

### The Path to Siva:

The path to Siva is Siva Yoga. Siva Dhyana, or Siva trance, is realizing the true nature of Siva. Meditation practice involves stilling the mind, letting go of thoughts and distractions, concentrating the mind and merging with the universal formless space consciousness. The goal of Siva Yoga is not to worship an external deity but to realize the Siva within oneself, the innate state of pure formless space consciousness and bliss.

Meditation is a powerful way for self-discovery and spiritual growth. By quieting the mind and cultivating concentration, one can gain a deeper understanding of the true nature and their connection to the universe. In the context of Siva, meditation serves as a path to realizing the Siva within, the state of pure consciousness and awareness that underlies our everyday experiences.

Siva Dhyana or the Siva as a mental state has profound implications for our understanding of spirituality and self. It underscores the idea that spirituality is not about worshipping an external deity but about realizing the divinity within. It also highlights the importance of meditation and concentration in spiritual growth, and the potential for everyone to realize the Siva within, regardless of their background or beliefs.

### Real Siva Nature:

The true nature of Siva, beyond the physical attributes and mythological stories, is a state of pure consciousness and awareness which is formless. It is beyond the form. It is formless. This hidden truth, embodied in the practice of Siva Dhyana, offers a profound perspective on spirituality and self. It reminds us that the divine is not separate from us but is an integral part of our being, and that meditation or concentration are powerful ways for realizing this truth. As we continue to explore and deepen our understanding of Siva, we also embark on a journey of self-discovery and spiritual growth...

# Animals with Ultraviolet and Infrared

## Vision.

The world we perceive is shaped by the limitations of our senses. Humans, like many other mammals, are primarily visual creatures, relying on our eyes to navigate and interact with our environment. However, the human visual spectrum is just a small slice of the electromagnetic radiation that surrounds us. Many animals on Earth have evolved the remarkable ability to see beyond the confines of the visible light range, detecting ultraviolet (UV) and infrared (IR) wavelengths that are invisible to the human eye.

Ultraviolet light, with wavelengths shorter than the violet end of the visible spectrum, opens up a whole new world for certain species. Insects, such as bees and butterflies, are perhaps the most well-known examples of UV-sensitive creatures. These pollinators use their UV vision to locate flowers, which often have patterns and colors that are only visible in the ultraviolet range. This helps them efficiently find nectar and pollen sources, crucial for their survival and the propagation of the plants they pollinate.

Birds are another group of animals that have evolved the ability to see in the ultraviolet spectrum. Many species, including gulls, pigeons, and parrots, possess UV-sensitive cones in their retinas, allowing them to perceive a wider range of colors and patterns. This enhanced vision aids them in a variety of tasks, from finding food to recognizing mates and navigating their environments.

Researchers have discovered that some fish, such as certain species of sharks and rays, also have UV-sensitive vision. This adaptation helps them detect prey and navigate their underwater habitats more effectively. The ability to

see ultraviolet light is particularly useful in the marine environment, where the shorter wavelengths of UV radiation can penetrate the water more easily than longer wavelengths of visible light.

While ultraviolet vision allows animals to perceive the world in a different color spectrum, infrared vision grants them the ability to detect heat signatures and thermal radiation. This adaptation is particularly useful for predators that hunt in low-light or nighttime conditions.

Snakes, such as pit vipers and boas, are renowned for their infrared-sensing capabilities. These reptiles possess specialized heat-detecting organs called pit organs, which allow them to locate warm-blooded prey, even in complete darkness. This remarkable ability gives them a significant advantage when hunting small mammals and birds.

Insects, too, have evolved the capacity to sense infrared radiation. Mosquitoes, for example, can detect the body heat of their hosts, which helps them locate potential blood sources. This adaptation is crucial for the survival and reproduction of these disease-carrying pests.

Certain mammals, including some species of bats and rodents, also possess infrared vision. This ability aids them in navigation, prey detection, and other essential survival tasks, particularly in environments where visible light is scarce.

The ability to see in the ultraviolet and infrared ranges is not universal across all species within a particular group. The presence and extent of this adaptation can vary depending on the specific ecological needs and evolutionary history of the animal. Some species may have a more pronounced sensitivity to these wavelengths, while others may lack the necessary visual adaptations altogether.

This diversity of sensory perception highlights the remarkable adaptability of life on Earth. While humans are limited to the visible light spectrum, the natural world is teeming with creatures that have evolved to perceive and interact with their environments in ways that are entirely foreign to our own experience. By understanding the unique visual capabilities of other animals,

we gain a deeper appreciation for the complexity and wonder of the natural world that surrounds us...

## **Foolish Materialistic Person.**

There are people in this world who say there is no cause for anything happening. They have a wrong and sinful view about nature. We can see everything happens according to cause and effect natural law. They say when we die, everything is finished.

The materialistic person is a fool who does not believe in cause and effect natural law. He or she can't even understand that the universal natural law of cause and effect applies to our daily life, such as walking and eating. The cause of this is a lack of intelligence. Their mind is unable to realize subtle matters in nature. They simply believe the brain is the mind and that after death, there is nothing. They are unable to realize that the brain is not the mind and that death does not end existence in the universe because their mind is incapable of grasping subtle matters of the universe. They are also unable to think of anything invisible, such as atoms, things happening behind the scenes, how certain actions yield certain results, and the existence of invisible creatures such as ghosts and gods. They also cannot understand how dark arts, wizardry, or witchcraft work. The reason for all of these misunderstandings is a lack of intelligence, which is stupidity. And if a wise man tries to point out the errors of this kind of materialistic fool, this fool calls that wise person a fool. So it is wiser to know how to deal with this type of materialistic fool who only believes in what they can see but is unable to realize subtle natures and subtle creatures such as ghosts and gods.



Even modern science proves that there are a lot of things our eyes cannot see, such as infrared light, which can only be seen through cameras. Modern science also proves that there are high-frequency sounds that human beings cannot hear but other living beings, such as bats, can. Modern science accepts the natural law of cause and effect. Yet, this materialistic person does not accept these truths because he is a fool. So how can such a fool understand more subtle natures, such as reincarnation and karma? There is no way his mind can realize subtle complex matters such as reincarnation and karma. All he knows is to ridicule wise people by saying, "You are foolish to believe in invisible natures."

Scriptures show that these types of materialistic people are the ones who did sinful karmas in their past lives that led to their current state of stupidity. They committed karmas that resulted in stupidity, and now they are experiencing the consequences. No amount of wisdom or knowledge will be able to give that person true intelligence in this life. They have sins to pay for. They committed these sins out of greed, hatred, and ignorance through body, speech, and thoughts in their past lives. So now you know their real condition, and you are unable to help them.

They may be people who have university degrees, but having a university degree does not mean a person is wise. There are a lot of educated fools in this world. They are among them, educated fools with some knowledge in some field. If you look around the world, you will see there are many wise people who do not have university degrees. So this materialistic fool is certainly a fool, whether he has a university degree and knowledge in some field or not.

There are many types of signals in the world that the human body is unable to know, perceive, or feel. These include:

1. Electromagnetic radiation: The human body is unable to perceive most forms of electromagnetic radiation, such as radio waves, microwaves, and X-rays. These signals are used for communication, heating, and medical imaging, respectively.
2. Ultrasonic waves: The human body is unable to perceive ultrasonic waves, which are sound waves with frequencies higher than the upper limit of

human hearing (around 20 kHz). These signals are used for medical imaging, cleaning, and ranging.

3. Infrared radiation: The human body is unable to perceive infrared radiation, which is a type of electromagnetic radiation with longer wavelengths than visible light. These signals are used for heating, night vision, and communication.

4. Ionizing radiation: The human body is unable to perceive ionizing radiation, which is a type of electromagnetic radiation with very high energy. These signals are used for medical imaging, sterilization, and nuclear power.

5. Magnetic fields: The human body is unable to perceive magnetic fields, which are generated by the movement of electric charges. These signals are used for motors, generators, and magnetic storage.

6. Electric fields: The human body is unable to perceive electric fields, which are generated by the presence of electric charges. These signals are used for capacitors, power transmission, and electrostatic precipitation.

We cannot even see the atom, which is very tiny and invisible to our eyes.

How then can we say there do not exist subtle invisible natures such as heaven and creatures such as ghosts and gods?

We cannot see infrared light with our eyes. How then can we say there do not exist subtle invisible natures and creatures such as ghosts and gods?

We cannot hear high-frequency sounds with our ears. How then can we say there do not exist subtle invisible natures such as heaven and creatures such as ghosts and gods?

We cannot feel electromagnetic waves with our bodies. How then can we say there do not exist subtle invisible natures and creatures such as ghosts and gods?

A person who does not believe in what goes around comes around is a dangerous man or woman. A person who does not believe in karma is a dangerous person. Such a person can do any sin or any harm to you because they believe nothing bad will happen to them as a result of their actions. Doing any sin is okay for them. The best way to deal with such a person is not to associate with them. Do not talk to or deal with that person. Those people destroy righteousness and virtue. They also spread sinful wrong views. They love to commit sins. For them, there is no such thing as sinning.

This is the belief of such a foolish materialistic person: “I only believe in what my eyes can see. My five senses, such as my ears or body, can know anything in the universe, including radar signals and radio waves. I believe thoughts occur when the brain gets mixed with material matter. I worship women, liquor, narcotics, and money. I am a slave to women, liquor, narcotics, and money. I do not believe in karma, reincarnation, or spirituality. I ridicule spirituality and those who are into spirituality. Physics is the only science in the world. There are no gods, ghosts, or any other invisible living beings. I cannot see the atom, yet I still don’t believe in things that my eyes cannot see. I believe everything can be proved by logic. I do not believe in the natural law of cause and effect. I do not believe that this universe is interconnected. There is no such thing as the supernatural. Thinking about deep matters is tiresome to me. With death, everything ends. In the universe, things happen without a cause. There is no such thing as sinful karma or good karma. I do not like to conduct experiments to find out the truth. I am so jealous of wise men, and I always love to accuse them of being sexist, racist, rapist, narcissistic, fascist, and fools.”

Do you know anyone who thinks and behaves like that? That is a materialistic narcissist fool. Do not let that foolish person influence your mind and drag you down the wrong path. They are great sinners who have a wrong view about nature. The best way to deal with such a person is not to associate with them. Do not talk to or deal with that person. Stay away from that person. That is a person who drags others into sins and wrong views about nature and the universe.

These materialistic people ridicule wise men and spiritual people. They also ridicule spirituality. They think they know all things in the universe. They think their eyes can see everything in the universe. They think their senses can know anything. These people are narcissists.

Foolish men are jealous of wise men. Ugly women are jealous of beautiful women. Fortunate men are envied by unfortunate men. Chaste women are envied by adulterous women. If a greedy man sees a generous man, he thinks, “What is this man doing? His actions are a threat to mine. I should stop him and his views.” If an adulterous woman sees a chaste woman, she thinks, “Oh, is she not like me? Well, let me make her an adulteress like me.

Let me corrupt her mind. It is good for my own existence.” If a foolish man sees a wise man, he thinks, “Oh, this man knows too much. He is a threat to me. Let me go against him. Otherwise, my position is in danger.” These natural facts never change. They will remain the same in the future. So be wise and do not associate with bad people...

## **Pioneers in the Field of Past-Life**

### **Memories.**

The study of past-life memories in children has been a fascinating and controversial topic for many years. Some of the most prominent researchers in this field have dedicated their lives to uncovering the truth behind these mysterious memories. Here, we will take a closer look at four of these pioneering researchers or reincarnation scientists and their contributions to the field.

**Dr. Ian Stevenson: The Father of Past-Life Research:**

Dr. Ian Stevenson, a Canadian-born psychiatrist, is often considered the pioneer in the field of past-life research. For over four decades, he conducted extensive research into children's past-life memories, documenting thousands of cases from around the world. His meticulous and rigorous approach to the subject helped to establish it as a legitimate area of scientific inquiry.

Dr. Stevenson's key works include "Twenty Cases Suggestive of Reincarnation" and "Children Who Remember Previous Lives: A Question of Reincarnation." These groundbreaking books helped to bring the subject of past-life memories to the attention of the wider scientific community and sparked a new wave of interest in the topic. Also "European Cases of the Reincarnation Type" is a non-fiction book that presents a collection of cases of individuals in Europe who have reported memories of past lives. The book is written in an academic style and includes detailed documentation and analysis of each case. It is considered a significant contribution to the field of reincarnation research.

Dr. Erlendur Haraldsson: A Collaborator and a Visionary:

Dr. Erlendur Haraldsson, an Icelandic psychologist, was a close collaborator of Dr. Stevenson's and a visionary in his own right. He has conducted extensive research on past-life memories, particularly in children, and has written several books on the topic.

Dr. Haraldsson's key works include "I Saw a Light and Came Here: Children's Experiences of Reincarnation" and "The Departed Among the Living: An Investigative Study of Afterlife Encounters." These books offer a unique and insightful perspective on the subject of past-life memories and have helped to deepen our understanding of this complex and mysterious phenomenon.

Dr. Satwant Pasricha: A Cross-Cultural Perspective:

Dr. Satwant Pasricha, an Indian psychologist, worked closely with Dr. Stevenson and has conducted extensive research on cases in India and other parts of Asia. Her work has contributed valuable cross-cultural perspectives to the study of past-life memories, shedding light on the ways in which different cultures and religions interpret and understand these experiences.

Dr. Pasricha's key work is "Claims of Reincarnation: An Empirical Study of Cases in India." This seminal book offers a detailed and nuanced analysis of past-life memories in the Indian context, providing a rich and fascinating insight into the cultural and religious beliefs that surround this phenomenon.

## Dr. Walter Semkiw: A Scientific and Spiritual Approach:

Dr. Walter Semkiw, a physician and author, has explored reincarnation from both scientific and spiritual perspectives. He has written several books examining past-life cases and the potential for understanding reincarnation through contemporary evidence.

Dr. Semkiw's work offers a unique and innovative approach to the study of past-life memories, combining the rigor and objectivity of scientific inquiry with the depth and insight of spiritual and philosophical reflection. His books offer a fresh and exciting perspective on the subject of reincarnation, challenging us to think more deeply and more broadly about the nature of human consciousness and the mysteries of the afterlife.

In summary, the study of past-life memories in children is a complex and fascinating subject that has captivated the imaginations of researchers and laypeople alike. The contributions of pioneering researchers such as Dr. Ian Stevenson, Dr. Erlendur Haraldsson, Dr. Satwant Pasricha, and Dr. Walter Semkiw have helped to deepen our understanding of this mysterious phenomenon and have paved the way for further research and exploration in the years to come...

## Nirvana Mentioned In Buddhism.

In Buddhism, the cycle of rebirth and suffering is driven by the three poisons of ignorance, attachment, and aversion. Ignorance refers to a lack of

understanding of the true nature of reality, while attachment and aversion refer to the tendency to cling to pleasant experiences and avoid unpleasant ones. These three factors give rise to the cycle of birth, death, and rebirth, which is characterized by suffering, pain and dissatisfaction.

However, there is a way out of this cycle of sufferings, and that is through the realization of Nirvana. Nirvana is not a concept, but an element that exists in the universe, just like the elements of fire, water, earth, and air. It is a subtle nature that is eternal and exists beyond the realm of time and space.

Nirvana is the ultimate goal of Buddhist spiritual practice, achieved through the cultivation of wisdom, virtue, and meditation. It is a complete transformation of one's being, a liberation from the cycle of rebirth and suffering. It is not something that can be created or destroyed, but rather an eternal reality that exists beyond the realm of time and space.

According to Buddhist teachings, the existence of Nirvana element cannot be fully understood or realized through analysis, logic or conceptual thinking. Rather, it can only be experienced through direct realization, which is achieved through the cultivation of wisdom, the noble eight fold path, and meditation.

Nirvana is a elemental state of supreme liberation beyond all forms, sensations, birth, death, pleasure, and pain. It is a subtle, formless, colorless, and untouchable element that exists in the universe like fire, water, earth, and air. Nirvana element is not created by a cause and is permanent. When one attains that Nirvana element, all mental and physical woes cease, and name-form come to cessation without a remainder. In this abnormal state, there is no birth, decaying, sicknesses, or death. The senses, color, scent, flavor, touch, mind and thought do not exist. It is beyond all worlds and is a fearless, safe, eternal, and trouble-free thing.

Nirvana is a universal truth that can be realized by anyone who follows the noble eightfold path to liberation. It is void from desire, timeless, very fine, extremely delicious, the supreme dispassion, and the highest pleasure. This Nirvana element is supreme to all other elements. Nirvana is an element, a subtle nature, and the liberation mentioned in Buddhism.

The path to Nirvana element is the noble eight-fold path, as advised by the Buddha. It is a path of virtue, concentration, and wisdom, which leads to the cessation of suffering and the realization of Nirvana element. It is a path that can be followed by anyone, regardless of their background, culture, or beliefs.

In summary, Nirvana is the supreme element that is superior to all other elements. It is the ultimate reality that is beyond all and everything in the universe. It is the liberation mentioned in Buddhism, a state of supreme dispassion, and the highest pleasure which is permanent, eternal...

## **Importance of Exploring Various Religions and Philosophies.**

Embarking on the journey of spiritual truth-seeking is a profound and transformative experience. It is a quest that transcends the boundaries of the physical world, delving into the realms of the metaphysical, the divine, and the philosophical. The spiritual truth seeker is one who yearns for a deeper understanding of existence, purpose, and the nature of reality itself.

One of the most crucial aspects of this journey is the exploration of various religions and philosophies. These are not just mere belief systems or intellectual constructs; they are repositories of ancient wisdom, spiritual insights, and profound truths that have guided and enlightened humanity for millennia.



## The Importance of Exploring Various Religions and Philosophies:

1. **Broadens Perspective:** Exploring different religions and philosophies allows you to view the world from various perspectives. It helps you realize that there are many ways to interpret and understand life. This broadened perspective can lead to increased empathy, understanding various matters, and respect for others.
2. **Enhances Spiritual Understanding:** Each religion and philosophy offers unique spiritual insights and truths. By exploring these, you can deepen your spiritual understanding and gain a more comprehensive and holistic view of the spiritual realm.
3. **Facilitates Self-Discovery:** The exploration of various religions and philosophies can serve as a mirror, reflecting back to you aspects of your own nature, beliefs, and values. It can help you discover who you truly are, what you truly believe, and what truly resonates with your spirit.
4. **Promotes Peace and Harmony:** Understanding and respecting the beliefs and philosophies of others can help to promote peace, harmony, and unity in the world. It can help to bridge the gaps of misunderstanding and ignorance that often lead to conflict and division.

## Becoming a Spiritual Truth Seeker:

1. **Cultivate a Sincere Willingness:** The first step in becoming a spiritual truth seeker is to cultivate a sincere and profound willingness for spiritual truth and understanding. This willingness should be the driving force behind your spiritual journey and universal exploration.
2. **Maintain an Open Mind:** It is crucial to maintain an open and receptive mind when exploring different religions and philosophies. This means setting aside any preconceived notions, biases, or judgments and being willing to consider and explore new ideas and perspectives.

3. Engage in Regular Study and Reflection: Regular study and reflection are essential for spiritual growth and understanding. This can involve reading sacred texts, spiritual books, or philosophical treatises, and then taking the time to deeply reflect on and contemplate what you have read.

4. Practice Discernment: While it is important to maintain an open mind, it is equally important to practice discernment. This involves using your intuition, wisdom, and understanding to discern what is true and resonates with your spirit, and what is not. Compare what you learn in religions and philosophies with the nature to find out the truth.

5. Incorporate into Daily Life: The accurate spiritual truths and insights that you gain from your exploration should not just remain as theoretical or intellectual knowledge; they should be incorporated and applied in your daily life. This can involve living in accordance with your spiritual values and truthful principles, or engaging in regular accurate spiritual practices such as meditation or yoga.

In summary, the journey of the spiritual truth seeker is one of profound exploration, discovery, and transformation. It is a journey that is greatly enriched and enhanced by the exploration of various religions and philosophies. These are not just mere belief systems or intellectual constructs; they are repositories of ancient wisdom, spiritual insights, and profound truths that can guide, enlighten, and transform the spiritual truth seeker. And spiritual truth seeker should do experiments. And truth should be known by comparing Religions and Philosophies to the nature...

## **Spirituality in Mental Health.**

The connection between mental health and spirituality is a subject of growing interest in the fields of psychology, psychiatry, and wellness. While mental health refers to our emotional, psychological, and social well-being, spirituality pertains to our search for meaning of life, purpose, eternal freedom and connection to something greater than ourselves. Increasingly, research and anecdotal evidence suggest that spirituality can play a significant role in promoting mental health and overall well-being.

Spiritual practices, such as meditation, prayer, and karma yoga (the practice of selfless actions, doing good things), can have a profound impact on mental health. These practices often involve the cultivation of positive thoughts and emotions, such as compassion, generosity, concentration, loving-kindness, wisdom and gratitude, which have been shown to improve mental health outcomes. For instance, research has found that meditation can reduce symptoms of anxiety and depression, improve mood, and enhance overall well-being. Similarly, acts of kindness and compassion, which are central to many spiritual traditions, have been linked to increased happiness and life satisfaction.

The role of spirituality in mental health is further underscored by the mind-body connection, a reality that is central to many spiritual traditions. The mind and body are not completely or absolutely separate things but are interconnected and influence each other. Therefore, spiritual practices that promote mental well-being can also have a positive impact on physical health, and vice versa. For instance, research has found that meditation can lower blood pressure, improve immune function, heal sicknesses and reduce chronic pain, while acts of kindness and compassion have been linked to improved cardiovascular health and longevity.

Also, in addition to promoting mental well-being, spirituality can also serve as a source of strength and support during times of adversity. Many people turn to spirituality in times of crisis or stress, seeking comfort, safety, guidance, and a sense of meaning and purpose. Research has found that spirituality can enhance resilience, the ability to bounce back from adversity, by providing a sense of connection to something greater than oneself or nature or universe, fostering positive emotions, and promoting a sense of coherence and meaning in life.

While the role of spirituality in mental health is increasingly recognized, it is important to acknowledge the cultural and individual differences that shape this relationship. Spirituality is a deeply personal and subjective experience, and its impact on mental health can vary widely depending on one's beliefs, practices, methods, intelligence level and other things.

In summary, the role of spirituality in mental health is multifaceted and complex. Spiritual practices, such as meditation and karma yoga, can promote mental well-being by cultivating positive thoughts and emotions, while the mind-body connection underscores the interconnectedness of mental and physical health. Moreover, spirituality can serve as a source of strength and support during times of adversity, enhancing resilience and promoting a sense of meaning and purpose in life...

## **Limits of Logic.**

Logic is a fundamental tool in our quest to understand and make sense of the world around us. It is the bedrock of scientific inquiry, mathematical reasoning, and philosophical discourse. However, despite its power and utility, logic has its limitations and cannot explain everything in the universe.

One of the main reasons why logic cannot explain everything is the subjective nature of experience. Logic is based on the principles of consistency, non-contradiction, and valid inference, which are generally seen as objective and universal. However, our experiences, thoughts, senses and emotions are subjective and unique to each individual.

Certain experiences in life, such as the beauty of a sunset, the taste of a ripe strawberry, or the feeling of love, are subjective and personal. They cannot be fully explained or understood using logic alone, as they are beyond the scope of logical analysis.

The same is true for the appreciation of art, be it a painting, a sculpture, or a musical composition. It is a deeply emotional and subjective experience, and it is often impossible to fully explain why a particular piece of art resonates with us. Humor is another area where logic may not be sufficient. What we find funny can be highly personal and is not always easily explainable through logic. A joke that one person finds hilarious might not be amusing to another.

In the case of moral and ethical dilemmas, while logic can help us to understand and navigate the situation, it often cannot provide us with a clear-cut answer. These dilemmas often require us to make decisions based on our personal values and beliefs. Moral and ethical dilemmas often require us to make decisions based on our personal values and beliefs, as logic may not always provide a clear answer.

Many people have spiritual or religious experiences that they consider to be deeply meaningful and true, even though these experiences cannot be proven or fully explained through logic. The nature of consciousness or mind is still not fully understood by scientists, despite decades of research. This is often referred to as the "hard problem" of consciousness.

Our senses have limitations as well. For example, our eyes cannot perceive ultraviolet or infrared light, which lie outside the visible spectrum. However, we know they exist and have important effects in the world. Similarly, our ears cannot detect sounds that are too high or too low in frequency, but these sounds are still a part of the physical world and can be detected by certain animals or with special equipment.

Without the aid of technology, our senses are unable to perceive microscopic structures within cells or the vast macroscopic structures of galaxies. However, with the help of advanced technology, we have been able to observe and study these phenomena. The effectiveness of our observations, however, depends on the sophistication and power of the technology we

use. If the technology we use is not advanced enough, our understanding will be limited.

Dark matter and dark energy are mysterious substances that scientists believe make up a significant portion of the universe. However, they do not interact with light or other forms of electromagnetic radiation, making them invisible and impossible to detect directly.

Time is a fundamental part of our experience of the world, but its true nature is still not fully understood. For example, the question of whether time is absolute or relative is still a topic of debate among physicists.

We cannot directly experience or logically confirm the consciousness of other beings, including animals or other humans. However, we usually presume that other beings have conscious experiences based on their actions and our own consciousness. We cannot prove the existence of other beings' minds or verify a specific thought they might have.

These experiences often belong to the realm of aesthetics, emotion, and spirituality, which are just as important in understanding and navigating our world as logic and reason. They remind us that there's more to life than what can be measured or proven, and they often inspire us in ways that logical arguments may not.

Another reason why logic cannot explain everything is the uncertainty and complexity of the world. Logic is based on the assumption of a stable, predictable, and deterministic world, where cause and effect are clearly defined, and events can be accurately predicted and controlled.

However, the world is often uncertain, chaotic, and unpredictable, where cause and effect are also complex and intertwined, and events are influenced by a multitude of factors, causes and variables. In such cases, logical analysis and prediction may not be accurate or reliable.

The mysteries and paradoxes of the universe are another aspect that logic cannot fully explain. For example, the nature of time, space, and consciousness, the origin and fate of the universe, and the existence of dark

matter and dark energy are all phenomena that are beyond the scope of logical analysis.

Moreover, the universe is full of paradoxes and anomalies that challenge and defy our logical understanding. For example, the wave-pwirting duality of light, the uncertainty principle of quantum mechanics, and the EPR paradox of quantum entanglement are all phenomena that are difficult to reconcile with our logical understanding of the world.

The role of faith, intuition, and creativity in our lives is another aspect that cannot be fully explained or captured by logic. Faith is the belief and trust in something that is beyond the scope of logical analysis and empirical evidence. Intuition is the ability to know or understand something without the use of rational or logical processes. Creativity is the ability to generate and express new and original ideas, concepts, and forms. These aspects of our lives are often difficult to explain or justify by logic, but they are nevertheless essential and meaningful parts of our existence.

Logic is a powerful tool in our quest to understand and make sense of the world around us. However, it has its limitations and cannot explain everything in the universe. The subjective nature of experience, the uncertainty and complexity of the world, the mysteries and paradoxes of the universe, and the role of faith, intuition, and creativity are all aspects that are beyond the scope of logical analysis. Therefore, it is important to recognize and respect the limits of logic, and to embrace and cultivate other ways of knowing, understanding, and engaging with the nature, such as intuition, creativity, and spirituality...

## **Depression & Meditation.**

Depression is a serious mental health disorder that affects millions of people worldwide. It is characterized by feelings of sadness, hopelessness, and a lack of interest in activities that were once enjoyed. While there are various treatments for depression, including medication and therapy, an increasing body of research is highlighting the benefits of meditation in preventing and managing this condition.

Meditation is an ancient practice that involves focusing the mind on a particular object, thought, or activity to achieve a mentally clear and emotionally calm state. It is a holistic approach to mental health, as it not only improves the mind's functioning but also has a positive impact on the body's physical health.

One of the ways in which meditation can help prevent depression is by creating good karmas. In many spiritual traditions, karma refers to the idea that our actions, thoughts, and intentions have a profound impact on our lives and the world around us. By engaging in the practice of meditation, we are cultivating positive thoughts and emotions, such as compassion, loving-kindness, generosity, wisdom, concentration and gratitude. These thoughts and emotions not only improve our mental well-being but also create good karmas, which have a positive effect on our lives.

Moreover, the practice of meditation has been shown to have a significant impact on mental health. Numerous studies have found that meditation can reduce symptoms of anxiety and depression, improve mood and emotional well-being, and increase resilience and coping skills. For instance, a study published in the journal JAMA Internal Medicine found that mindfulness meditation, a type of meditation that involves focusing on the present moment, was as effective as antidepressant medication in reducing symptoms of depression.

Furthermore, the benefits of meditation are not limited to mental health. The practice of meditation has also been shown to have a positive impact on physical health. For instance, research has found that meditation can lower blood pressure, improve immune function, and reduce chronic pain. By improving our physical health, meditation can also have an indirect impact on



our mental health, as the mind and body are interconnected and influence each other.

In summary, depression is a serious mental health disorder that can have a profound impact on a person's life. However, the practice of meditation can be a powerful tool in preventing and managing this condition. By creating good karmas, improving mental health, by developing concentration, purifying the mind, and enhancing physical health, meditation offers a holistic approach to mental health that can help individuals lead happier, healthier, and more fulfilling lives...

## **Known and the Unknown.**

Science and spirituality are two distinct yet complementary approaches to understanding the world and our place in it. While science seeks to uncover the laws and principles that govern the natural world and to invent things for the benefit of mankind, spirituality aims to understand the deeper, more profound nature of the universe and to obtain an eternal liberation or enlightenment.

Despite their different goals and methods, science and spirituality share a common thread: a desire to understand and make sense of the world or universe around us. However, there are many aspects of the universe that science cannot yet explain, and it is in these areas that spirituality can offer valuable insights and perspectives.

For instance, many spiritual traditions offer explanations for the origins of the universe and the nature of consciousness, two areas that are still the subject of much debate and speculation in the scientific community. In Hinduism, the

concept of Brahman, the ultimate reality or cosmic consciousness, is seen as the source of all creation. Similarly, in Buddhism, the idea of dependent origination, the interconnectedness and interdependence of all phenomena, is used to explain the nature of reality.

Moreover, spirituality can offer a sense of purpose and meaning that is often lacking in the materialistic scientific worldview. While materialistic science can explain the how and the what of the universe, it often struggles to answer the why: why are we here, and what is the purpose of our lives? In contrast, spirituality can provide a sense of connection to something greater than ourselves, a sense of purpose and direction that can be deeply fulfilling and meaningful.

Furthermore, the practice of spirituality, such as meditation and doing meritorious activities, has been shown to have numerous benefits for mental and physical health. For instance, research has found that meditation can reduce symptoms of anxiety and depression, improve mood and emotional well-being, and increase resilience and coping skills. Similarly, acts of kindness and compassion, which are central to many spiritual traditions, have been linked to increased happiness and life satisfaction.

In summary, the intersection of science and spirituality offers a powerful and promising approach to understanding the world and our place in it. By bridging the gap between the known and the unknown, and by offering a sense of purpose and meaning that is often lacking in the materialistic scientific worldview, spirituality can complement and enrich our understanding of the universe and nature. Moreover, the practice of spirituality, such as meditation and doing meritorious activities, can have numerous benefits for mental and physical health, further underscoring the value and importance of this ancient and timeless wisdom...

# Art of Concentration.

In today's fast-paced world, it's easy to get distracted and lose focus on our goals and priorities. The constant bombardment of information, the pressure to multitask, and the lure of social media can all contribute to a scattered and restless mind. However, the ancient practice of yoga offers a powerful solution to this modern-day problem.

Concentration is the ability to focus the mind on one object or thought, to the exclusion of all others. It is a crucial skill for success in any area of life, from work and study to sports and the arts. In yoga, concentration is known as Dharana, and it is one of the eight limbs of the classical yoga system, known as Astanga yoga.

The practice of Dharana involves choosing a single point of focus, such as a mantra, a thought, a visualization, or the breath, and then directing all of one's focus and energy towards that point or object. This can be challenging at first, as the mind is naturally prone to wander and follow its own whims. However, with patience, persistence, and the right meditation techniques, it is possible to cultivate a strong and steady concentration.

Meditation is a form of mental training that involves sitting in a comfortable and quiet place, closing the eyes, and then focusing the mind on a chosen object or thought. This can be done for a few minutes each day, gradually increasing the duration and intensity of the practice as one becomes more proficient. In this concentration meditations, one simply chooses a single object or thought, such as a still flame, a sacred symbol, or a holy word, and then focuses the mind on that point or object to the exclusion of all others.

Yoga is a holistic system of mind-body-spirit integration, and it offers a wide range of tools and techniques for cultivating a focused and concentrated mind. Some of the most effective yoga practices for concentration include:

**Asana:** The physical meditation postures of yoga can help to improve concentration by increasing stillness of the body and the breath, and by cultivating a sense of balance. Some of the best asanas for concentration include the Padmasana and Vajrasana.

**Pranayama:** The breath control practices of yoga can help to improve concentration by calming the mind, increasing awareness of the present moment, and by balancing the air flow in the body. Some of the best Pranayama practices for concentration include the alternate nostril breathing pranayama and the victorious breath pranayama.

**Hatha:** The purification practices of yoga can help to improve concentration by clearing the mind and the body of toxins, blockages, and negative energy. Hatha yoga is for gaining good health and preparing a person for the advanced concentration. Some of the best Hatha practices for concentration include the Neti, the Kapalbhathi, and the Agni Sara Kriya.

Ultimately, the goal of concentration in yoga is not just to improve one's productivity or performance, but to achieve a state of unification of the mind, known as Samadhi. Samadhi is a state of profound and lasting peace, joy, and fulfillment, in which the individual self merges with the universal self, and all dualities and limitations are transcended. Samadhi is the culmination of the yoga journey, and it is said to be the ultimate goal of all yoga practices.

In summary, the art of concentration is a powerful and transformative practice that can help us to achieve our goals, overcome our challenges, and find a deeper sense of meaning and purpose in life. By cultivating a strong and steady concentration through the practice of meditation, we can unlock our full potential and experience the joy and freedom of a unified mind and a calm life...

# Blissful States of Concentration.

Concentration is a crucial aspect of yoga and meditation practices. By focusing the mind on a single objective, we can achieve deep absorption states that lead to profound experiences of bliss and inner peace. In this writing, we will explore the different types of concentration levels, also known as samadhis, and their synonyms, such as trances, dhyanas, and jhanas.

Yoga Nidra is a synonym for a concentration level. It is also known as "yogic sleep," but it is not the same as regular sleep. Instead, Yoga Nidra allows us to access or absorb into a state of deep concentration, where we can connect with our purified mind and experience profound relaxation, bliss and insight.

Samadhi is a Sanskrit term that means "concentration" or "absorption." It is the ultimate goal of yoga meditation practices, where the mind becomes completely absorbed in the object of meditation, leading to a state of bliss and union with the divine. Samadhi is often described as a state of ecstasy, where the boundaries between the self and the universe dissolve. This is a synonym for a concentration level.

In Buddhism, jhanas are the eight main stages of deep concentration achieved through concentration meditations. Dhyanas are similar to jhanas and refer to the meditative states of consciousness achieved through concentration. Trances, dhyanas, and jhanas are all synonyms for concentration levels.

There are two types of samadhis or concentration levels: form and formless. Form concentration levels involve focusing the mind on a specific object related to form such as light. Formless concentration levels, on the other hand, involve focusing the mind on abstract formless nature, such as formless emptiness, formless infinity, or formless pure consciousness nature.

Savikalpa Samadhi is a form of concentration level where the mind is absorbed in a specific object related to form, but there is still a sense of duality between the meditator (yogi) and the object of meditation. This type of samadhi is also known as "qualified" or "conditional" samadhi, as it is still influenced by the conditioning of the mind.

Nirvikalpa Samadhi is the highest form of concentration level, where the mind is completely absorbed in the object of meditation which is a formless nature, and there is no sense of duality or separation. This type of samadhi is also known as "unqualified" or "unconditional" samadhi, as it transcends all conditioning and limitations of the mind.

All concentration levels, whether form or formless, are blissful states that our minds can experience via concentration meditations. By focusing the mind on a single objective, we can access deeper levels of consciousness and experience profound relaxation, bliss, insight, and inner peace. Whether we practice Kundalini yoga meditations, or other forms of concentration meditations, the ultimate goal is to unify the mind and achieve a state of samadhi, where we can experience the bliss and unity of the mind...

## **The Supernatural Powers of Buddha.**

Buddhism is a spiritual tradition that originated in ancient India over 2,500 years ago. It is based on the teachings of saint Siddhartha Gautama, who is commonly known as the Buddha. According to Buddhist scriptures, the Buddha possessed a wide range of supernatural powers, which he acquired through his deep meditation and spiritual practices. In this writing, we will

explore the various supernatural powers of the Buddha and the practices that he used to attain them.

Yamaka Pratiharya: The Power to Gush Fire and Water from the Body at the same time:

One of the most incredible powers attributed to the Buddha is the ability to gush fire and water from his body at the same time. This power, known as Yamaka Pratiharya, was said to be a result of his complete mastery over the elements and his ability to tap into the infinite energy of the universe. The Buddha would sometimes use this power to demonstrate his spiritual prowess and to inspire awe and devotion in his followers.

Flying Through the Sky & The Teleportation:

Another amazing power attributed to the Buddha is the ability to fly through the sky and to teleport from one place to another. This power, known as Iddhi in buddhist scriptures, was said to be a result of his deep concentration and his ability to manipulate the forces of nature. The Buddha would often use this power to travel to distant lands and to visit the heavenly realms of the gods and other invisible beings.

The Power to Discuss with Brahmas and Gods:

The Buddha was also said to possess the ability to communicate with the highest beings in the universe, including the Brahmas and the gods. This power, known as Abhinna, was said to be a result of his supreme concentration and his ability to understand the nature or reality. The Buddha would often use this power to engage in deep philosophical discussions with the gods or brahmas and to teach them the path to enlightenment. The Buddha's encounter with Baka Brahma is an interesting episode from the Buddhist scriptures that highlights the Buddha's profound spiritual understanding and his ability to engage with powerful celestial beings. the Buddha was saw the thoughts of a Brahma king who was living in a brahma world, which is considered one of the highest realms of existence in the universe. That Brahma was thinking this my brahma world is eternal. Then Buddha vanished from the earth and teleported to that brahma world. The

Buddha then met Baka Brahma, a powerful entity who believed his realm was eternal. Baka Brahma tried to prevent Buddha from leaving, asserting his realm's supremacy and permanence. However, Buddha, aware of the impermanence of all realms and life of the Baka Brahma, demonstrated his spiritual superiority by reading Baka Brahma's thoughts and exposing the illusion of permanence. Buddha explained that all conditioned phenomena, including Baka Brahma's realm and his life, are subject to change and impermanence. Then in a bid to establish supremacy, Baka Brahma challenged the Buddha, suggesting they determine who was greater through a display of supernatural abilities. Baka Brahma attempted to render himself invisible to Buddha, but Buddha neutralized Baka Brahma's this power. Subsequently, Buddha turned invisible to Baka Brahma, but continued to preach the principles of nature and existence, allowing Baka Brahma to hear only the Buddha's voice. Despite being unable to see Buddha, Baka Brahma could distinctly hear Buddha's teachings on the transient nature of existence and the inherent impermanence of all things, including the majestic Brahma worlds. This display of wisdom and supernatural power left Baka Brahma utterly astounded. He acknowledged Buddha's superiority, realizing that Buddha was indeed an omniscient and liberated being, capable of surpassing the constraints of even the highest celestial realms.

#### Talking with Animals: The Power to Communicate with All Beings:

The Buddha was also said to possess the ability to communicate with animals and to understand their languages and feelings. This power, known as the ability to talk with animals, was said to be a result of his deep wisdom, superior concentration and his ability to connect with all beings. The Buddha would often use this power to help animals. Scriptures show the Buddha's ability to connect with all living beings. One example is, the Buddha was once staying in a forest, alone and without any human companions. During this time, a large elephant known as Parileyya came across the Buddha and began to attend to his needs. The elephant would gather fruits for the Buddha to eat, and would also sweep the area around his dwelling with its trunk and branches to keep it clean. The elephant would stand guard over the Buddha, protecting him from any potential dangers or disturbances. Another example is, one day, as the Buddha was walking through the forest, he came across a monkey sitting high up in a tree. The monkey had found a beehive and was



enjoying the sweet honey inside. As the Buddha approached, the monkey looked down and saw him. Filled with joy and reverence, the monkey wanted to offer something to the Buddha. However, the only thing the monkey had was the honeycomb it had been eating. Without hesitation, the monkey carefully took the honeycomb in its paws and carefully climbed down the tree. It then respectfully offered the honeycomb to the Buddha, bowing its head in reverence. The Buddha accepted the gift graciously, acknowledging the monkey's pure intention and generous heart.

**Mind Reading: The Power to Know the Thoughts of Other creatures:**

The Buddha was also said to possess the ability to read the minds of others and to know their thoughts and intentions. This power, known as the ability to read minds, was said to be a result of his deep concentration and his ability to use divine intelligences. The Buddha would often use this power to help his followers overcome their negative thoughts and to guide them on the path to Nirvana.

**Blazing Light Aura: The Power to Radiate Light or Energy:**

The Buddha was also said to possess the ability to radiate a powerful light or energy from his body. This power, known as the ability to blaze light aura, was said to be a result of his deep meditation and his ability to tap into the infinite energy of the mind.

**Abinna: The Supernatural Abilities:**

In Buddhist scriptures, there is a term known as abinna, which refers to the various supernatural powers that can be attained through deep meditation and spiritual practices. The Buddha was said to possess all of these powers in their highest ways, including the ability to walk on water, to go through mountains, walls, and ramparts, to sit cross-legged and fly through the air, and to touch the sun and the moon.

**Sabbannuta Nana: Omniscient Intelligence:**

The omniscient intelligence is unique and special to Buddhas. It is an intelligence only Buddhas of the universe receive. The Buddha's Omniscient Intelligence grants him access to all information in the universe, encompassing spiritual and mundane matters, other dimensions and worlds, various beings and elements, sciences, arts, medicines, past, present, and future events, spiritual phenomena, physical phenomena, causal phenomena, paranormal phenomena, natural phenomena and true liberation. This all-knowing and all-seeing intelligence is the Buddha's supreme omniscience. This all-knowing, all-seeing intelligence is considered the Buddha's supreme and ultimate form of knowledge and wisdom. It underscores the Buddha's status as a supremely enlightened being, capable of imparting the deepest truths and insights for the benefit of all sentient beings.

In summary, the supernatural powers attributed to the Buddha in Buddhist scriptures are a captivating and inspiring aspect of the tradition. The practices that the Buddha employed to achieve them, such as austerity and Kasina meditations, are indisputably potent tools for spiritual development and self-discovery. These practices continue to be relevant and beneficial for individuals seeking to cultivate inner peace, concentration, wisdom and understanding of nature...

## **Karma, Causality, and Universal**

### **Interconnectedness.**

The doctrine of karma, causality, and universal interconnectedness have been the subject of philosophical and spiritual discussions for centuries.

While some people firmly believe in these ideas, others are more skeptical or hold different views. This diversity of perspectives is a natural outcome of our unique experiences, cultural backgrounds, and personal beliefs. In this writing, we will explore some of the reasons why people might believe that things happen without a cause, that there is no such thing as karma, or that the universe is not interconnected.

One of the primary reasons for the diversity of opinions on karma, causality, and universal interconnectedness is the variety of philosophical and religious traditions around the world. Some traditions, such as Buddhism and Hinduism, place a strong emphasis on the doctrine of karma and universal interconnectedness. In these traditions, a person's actions in this life can have consequences for their future lives, and all beings and phenomena in the nature and universe are seen as interconnected and interdependent.

However, not all philosophical and religious traditions share these beliefs. For example, some interpretations of Christianity focus more on the concepts of divine grace and forgiveness, rather than the idea of an impersonal law of karma. Similarly, the philosophical tradition of materialism or physicalism posits that the physical world is all that exists, and that mental and spiritual phenomena can be fully explained by physical processes.

Another reason why some people might be skeptical of the doctrine of karma and universal interconnectedness is the influence of the materialistic scientific worldview. In science, the emphasis is on understanding the physical and chemical processes that underlie the phenomena we observe in the world. This cause-and-effect perspective can be very powerful in helping us to make predictions and to develop new technologies.

However, the doctrine of karma and universal interconnectedness can be somewhat abstract and difficult to reconcile with a strictly scientific worldview. Some people might prefer to focus on the physical and chemical processes that they can observe and measure, rather than invoking more abstract concepts to explain the world around them.

The doctrine of karma and universal interconnectedness can also be difficult to prove or disprove empirically. While there are many anecdotal stories and

personal experiences that seem to support these ideas, it can be challenging to design rigorous materialistic scientific studies to test them.

As a result, some people might be skeptical of these subjects until they see more concrete evidence. This skeptical attitude is a natural part of the materialistic scientific process, and it can help to ensure that our beliefs are grounded in evidence and logic.

Finally, a person's beliefs about karma, causality, and universal interconnectedness can be heavily influenced by their own experiences and intelligence. Grasping basic concepts is straightforward, but deciphering intricate, abstract essences that are not instantly noticeable and intangible demands a superior level of intellect.

In summary, everything happens due to one or more causes. There are many reasons why people might believe that things happen without a cause, that there is no such thing as karma, or that the universe is not interconnected. These reasons can include the influence of different philosophical and religious traditions, the materialistic scientific worldview, skepticism, strong belief in logic can prove anything and lack of empirical evidence, and personal experiences...

## **Solitude and Silence in Meditation**

### **Practice.**

Meditation is a profound journey inward, a process of self-discovery, a connecting to nature and a means to attain inner peace and tranquility. It is a practice that has been revered and cultivated in various spiritual traditions across the world. One of the key aspects that is often emphasized in the practice of meditation is the importance of solitude and silence.

Solitude, in the context of meditation, is not to be confused with loneliness. It is a conscious choice to withdraw from the external world and its distractions, to create a space for introspection, experimentation and self-reflection. In solitude, we are free from the expectations, judgments, and influences of others. This freedom allows us to be more authentic, concentrating and truthful with ourselves, which is crucial for the process of self-discovery, experimentation and transformation that meditation entails.

Moreover, solitude eliminates the potential for interpersonal conflicts and distractions that can arise when practicing with others. It is a blissful state of being alone, yet not lonely, where we can fully focus on our meditation practice.

Silence is another integral aspect of meditation practice. In the hustle and bustle of our daily lives, our minds are constantly bombarded with sensory stimuli, leading to a state of mental restlessness and agitation. Silence, on the other hand, has a calming and soothing effect on the mind. It helps to reduce the mental noise and clutter, making it easier to concentrate and focus on the object of meditation, whether it is the breath, a mantra, a physical object or a thought.

Moreover, silence allows us to listen more deeply, to the subtler aspects of our being, such as our thoughts, emotions, and bodily sensations. This heightened awareness and understanding of ourselves or nature is a key aspect of the meditation practice. A quiet and undisturbed environment allows us to fully focus on our Yoga practice.

The importance of solitude and silence in meditation practice cannot be overstated. They are the ideal conditions that can facilitate and enhance the process of introspection, self-discovery, experimentation and inner transformation that meditation offers. While it is not always possible to have

a completely quiet and undisturbed environment, especially in our modern and urban lives, we can strive to create a space of solitude and silence if we are really into it. In the words of a renowned teacher, Jiddu Krishnamurti, "To be alone is to be free of the past, of all the influences, of all the compulsions, to be alone is to be free and therefore to be sensitive, to be aware."...

## Things Science Cannot Explain.

Science has made remarkable strides in understanding and explaining the world around us. From the tiniest particles to the vast expanse of the universe, we have uncovered and unraveled many of its mysteries. However, there are still several phenomena and aspects of the universe that continue to elude our scientific understanding.

One of the biggest mysteries in the field of astrophysics is the existence of dark matter and dark energy. Dark matter is an invisible and unknown form of matter that is believed to make up around 27% of the universe. It does not interact with light or any other form of electromagnetic radiation, which makes it extremely difficult to detect and study. Similarly, dark energy is a mysterious force that is believed to be responsible for the accelerated expansion of the universe. It is estimated to make up around 68% of the universe, but its nature and properties remain largely unknown.

Another aspect of the universe that science has yet to fully explain is the nature of consciousness. Despite significant advancements in the field of neuroscience, we still do not have a clear and comprehensive understanding of how consciousness arises, the exact location of the mind, how dreams appear, why dreams appear, how thoughts and consciousness works and how it is related to the physical brain.

The placebo effect is a fascinating and somewhat mysterious phenomenon in the field of medicine. It refers to the improvement in a patient's symptoms or conditions after receiving a treatment or medication that has no therapeutic effect. While the placebo effect is well-documented and widely recognized, its underlying mechanisms and the reasons why it works in some cases and not in others are still not fully understood.

Quantum entanglement is a phenomenon in the field of quantum physics where two or more particles become inextricably linked and instantaneously affect each other's state, regardless of the distance between them. This phenomenon, which Albert Einstein famously referred to as "spooky action at a distance," challenges our fundamental understanding of space, time, and causality, and remains one of the most intriguing and mysterious aspects of the quantum world.

The origin of life on Earth is another aspect of the universe that science has yet to fully explain. While we have several theories and hypotheses about how life might have emerged and evolved, there is still no consensus or definitive evidence about the exact mechanisms and conditions that led to the emergence of the first living organisms.

What we know is little, but what we do not know is vast. The mysteries of the universe and nature are a reminder of the vastness and complexity of the natural world around us, and of the limitations of our current scientific knowledge and understanding. They are also a source of inspiration and motivation for scientists and researchers, who continue to push the boundaries of our knowledge and strive to uncover and explain the mysteries of the universe. Science may not have all the answers for everything, but it is a robust and evolving instrument that enables us to investigate, comprehend, and interact with the world in a significant and fulfilling manner...

# Are We Alone in the Universe?

The question of whether we humans are alone in the universe is one that has captivated us for centuries. With the discovery of thousands of exoplanets and the ongoing search for signs of extraterrestrial life, it's a question that's more relevant now than ever. In this writing, we'll explore the possibility of other life forms, invisible creatures, and different dimensions, and consider the evidence for and against their existence.

The search for extraterrestrial life is a complex and ongoing process. Scientists are using a variety of methods, including radio and optical telescopes, to search for signals or signs of life. The Search for Extraterrestrial Intelligence (SETI), one of the most well-known initiatives in this field, uses large radio telescopes to listen for narrow-bandwidth radio signals from space. These signals are not known to occur naturally, so their detection could provide evidence of extraterrestrial technology.

In addition to the search for intelligent extraterrestrial life, scientists are also looking for signs of microbial life. For example, the Mars rover Perseverance is currently searching for signs of ancient microbial life on the Red Planet.

When materialistic scientists talk about the potential for extraterrestrial life, they're often referring to life as we know it, which is based on carbon and requires water. However, some scientists are also considering the possibility of life forms that are based on different elements and that could exist in conditions that are very different from those on Earth. For example, life on a planet with a hydrogen-rich atmosphere might be based on hydrogen rather than carbon.

In addition to the possibility of carbon-based and non-carbon-based life forms, there's also the possibility of life forms that exist in different phases of matter. For example, there's been some speculation about the possibility of



life forms that exist in a superfluid phase, which would have properties that are very different from those of solid, liquid, or gas.

The possibility of invisible creatures is one that's often been explored in science fiction, but is there any basis in reality? It's certainly possible that there are life forms that exist on Earth or elsewhere in the universe that are beyond the range of our senses. For example, there are animals on Earth that can see in the ultraviolet or infrared parts of the spectrum, which are invisible to us.

However, it's important to note that the existence of invisible creatures is purely speculative at this point, and there's currently no scientific evidence to support it.

The concept of different dimensions and planes is one that's often been explored in the realm of the spiritual and the metaphysical, but it's also been explored in the realm of materialistic science. The theory of a multiverse, for example, suggests that there are many different universes, or "planes," that exist parallel to our own.

The evidence for the existence of a multiverse is currently purely theoretical, and it's a topic that's still very much debated in the scientific community. However, it's certainly a fascinating concept to consider, and one that could have profound implications for our understanding of the universe and our place in it.

The question of whether we humans are alone in the universe is one that's still very much unanswered, but the ongoing search for extraterrestrial life and the exploration of the possibilities of other life forms, invisible creatures, and different dimensions and planes is sure to deepen our understanding of the universe and our place in it. Whether or not we ultimately find evidence of other life forms, the journey itself is sure to be a fascinating and enlightening one...

# The Sons of Gods.

Dharma is a central concept in Hinduism, Buddhism, Jainism, and Sikhism, and it refers to the moral and ethical principles that govern the behavior and actions of individuals. In Dharma, people who follow Dharma and lead a righteous and virtuous life are often considered as sons of gods, and they are revered and respected as such.

Dharma is a complex and multifaceted thing that encompasses various aspects of an individual's life, such as duty, responsibility, morality, ethics, and spirituality. It is based on the principles of nature, truth, non-violence, compassion, and selflessness, and it is seen as the path to liberation and enlightenment. In a broad sense Dharma is nature.

The connection between Dharma and gods is based on the idea that gods are virtuous and follow the Dharma. Individuals who adhere to the principles of Dharma, living a life of virtue and righteousness, are believed to be in harmony with the divine purpose. They are seen as embodying and expressing godly qualities and values, such as truthfulness, kindness, and generosity in their thoughts, words, and deeds. In this context, those who follow the path of Dharma are often likened to the children of gods, as they are perceived to be partakers in the divine nature and essence.

The significance of being a son of god is that it is seen as a mark of honor, respect, and recognition, and it is seen as a reflection of one's spiritual and moral status and progress.

People who are considered sons of gods, possessing divine qualities such as loving-kindness, wisdom, and a striving for moksha, are often seen as having a special and privileged relationship with the gods. They are also believed to be under the gods' protection. These individuals are seen as responsible for

upholding and promoting dharma in the world, and they are considered instrumental in the creation of a just, harmonious, and peaceful society.

In summary, being a "son of god" is associated with leading a righteous and virtuous life in accordance with Dharma. This status is marked by divine qualities such as loving-kindness, compassion, virtue, wisdom, and the learning of Dharma. It is a sign of honor, respect, and spiritual and moral progress, reflecting the divine potential within us all. The aim is to align oneself with the natures of the gods and live a life based on truth, non-violence, compassion, generosity and selflessness...

## **Understanding Endless Reincarnation**

### **Cycle.**

In the profound teachings of Buddhism, the doctrine of samsara, the cycle of birth and death, stands as an enigmatic testament to the nature of existence itself. Central to this doctrine is the notion that the cycle of samsara is without a discernible beginning, stretching infinitely into the past until one achieves noble enlightenment, known as nirvana. Through various teachings and analogies, the Buddha illuminated the boundless expanse of samsara or reincarnation cycle, offering insights into its immeasurable infinite nature and practical implications for spiritual practice.

Embedded within the Samsara Sutra, a discourse found in the Samyutta Nikaya, the Buddha elucidates the timeless continuum of samsara (reincarnation). He paints a vivid picture of the inconceivable number of past

lives one has traversed, emphasizing the futility and suffering inherent in this ceaseless cycle. Analogies abound, each serving to underscore the unfathomable depth of the journey through countless rebirths.

Within the Khuddaka Nikaya, the Buddha employs a striking analogy, likening the accumulation of one's past lives human bones of human bodies to a mountain of bones. The imagery evokes the staggering magnitude of the experiences amassed over myriad lifetimes, suggesting that if all these bones were piled together, they would tower as high as a mountain, a testament to the vastness of samsara (rebirth).

In the Ciggala Sutra, a discourse found in the Samyutta Nikaya, the Buddha presents the poignant analogy of a one eye blind turtle navigating the vast expanse of the ocean. Emerging only once every hundred years, the turtle's rare emergence and the likelihood of it encountering a small yoke floating on the surface parallels the rarity of being born in the human realm. This metaphor underscores the preciousness of human birth and the importance of attaining liberation in this human life time.

Further elucidating the boundless nature of samsara, the Buddha compares it to an endless stream, wherein beings are carried along by the currents of their sinful and meritorious karmas. Just as a river flows continuously, so too does the cycle of birth, death, and rebirth, with no discernible beginning or end.

#### Practical Implications:

These teachings on the immeasurable nature of samsara serve as guiding lights for spiritual practitioners, imparting profound wisdom and motivation for spiritual growth and liberation from reincarnation.

- Motivation for Liberation: Understanding the infinite expanse of samsara serves as a potent catalyst for practitioners to strive relentlessly towards liberation. The urgency to attain nirvana is underscored by the realization of the countless lifetimes endured within this perpetual cycle.

- Perspective on Suffering: Recognition of the vast extent of past suffering endured across countless lifetimes imbues practitioners with a deep-seated resolve to transcend suffering through the Noble Eightfold Path.

- Appreciation of Human Birth: The rarity and preciousness of human birth are illuminated, emphasizing the unique opportunity it presents for individuals to engage in spiritual practice and progress towards enlightenment.

In short, in the vast tapestry of Buddhist teachings, the doctrine of samsara stands as an awe-inspiring testament to the boundless, infinite nature of existence. Through profound insights and analogies, the Buddha illuminated the infinite expanse of this cycle, urging practitioners to embark on the path towards liberation. By embracing the teachings laid out by the Buddha, individuals can transcend the endless rounds of birth, death, and rebirth, ultimately attaining the sublime state of nirvana and liberating themselves from the eternal dance of reincarnation...

## **Sankhya Philosophers of Ancient India.**

The Sankhya philosophy is one of the oldest and the most important philosophical systems of ancient India. It is an atheistic system that is based on the nature of two fundamental and eternal principles, namely, Purusa and Prakriti. The Sankhya philosophy is known for its systematic and analytical approach, and it is seen as the basis and foundation of the various schools and systems of Indian philosophy, such as Yoga.

The doctrine of Purusa is one of the central and the most important ideas of the Sankhya philosophy. Purusa is a Sanskrit term that is derived from the

root 'pru', which means 'to fill' or 'to pervade'. Other meaning of Purusa is "the masculine nature". Purusa is a metaphysical and transcendental principle that is described as formless and attribute-less.

The Sankhya philosophers describe Purusa as the pure and the unchanging consciousness that is the witness and the observer of the various changes and modifications of Prakriti. Purusa is seen as the passive and the inactive principle or nature that is the source and the support of the various experiences and sensations of the individual self.

The Sankhya philosophers distinguish between the individual self and the pure and the unchanging consciousness of Purusa. They argue that the individual self is a product of the various changes and modifications of Prakriti, and it is subject to the various experiences and sensations of pleasure and pain, happiness and sorrow, and birth and death. They argue that the pure and the unchanging consciousness of Purusa is the ultimate and the most sublime goal of human life, and it is attained through the process of discrimination, yoga and detachment.

The Sankhya Philosophers:

The Sankhya philosophy is a product of the intense and the sustained philosophical and spiritual inquiry and reflection that characterized the later Vedic period. The Sankhya philosophy is attributed to the ancient sage and seer Kapila, who is described as the incarnation of God and the founder of the Sankhya system.

The Sankhya philosophy is known for its systematic and the analytical approach, and it is presented in the form of a series of aphorisms and commentaries. The most important and the most authoritative text of the Sankhya philosophy is the Sankhya Karika, which is a collection of seventy aphorisms that are attributed to the ancient philosopher and commentator Ishvara Krishna.

The Sankhya Karika is a systematic and the analytical presentation of the various concepts and the categories of the Sankhya philosophy, such as Purusa, Prakriti, the three gunas, the twenty-five tattvas, and the process to

Purusa & Kaivalya. The Sankhya Karika is a profound and the insightful text that is seen as the basis and the foundation of the various schools and systems of Indian philosophy, such as Yoga.

Purusha is the nature of pure supreme consciousness, a formless nature, representing the true self or soul in Samkhya philosophy. Vrittis refer to the various thought patterns or mental modifications that can disturb the mind and prevent one from realizing their true nature which is formless Purusha. And, Prakriti is the primal material substance or energy that is the source of the entire material world and its three fundamental qualities, or Gunas.

In summary, the Sankhya philosophy is an ancient and significant philosophical system from India, characterized by its atheistic nature. It is centered around two fundamental and eternal principles: Purusha, which represents pure and unchanging consciousness, and Prakriti, the source of the material world. Purusha is a key idea in Sankhya, described as the supreme nature or witness and observer of Prakriti's changes. The philosophy is a result of intense spiritual and philosophical inquiry during the later Vedic period and is presented in aphorisms and commentaries such as the Sankhya Karika...

## **Parabrahman in Hinduism.**

Hinduism is a complex and diverse religious tradition that is characterized by the presence of various gods and goddesses, rituals and practices, and philosophical and theological systems. However, at the heart of Hinduism is the doctrine of Parabrahman, which is the ultimate nature and the most sublime reality that is beyond and above all the names and forms, attributes and qualities, and facts and categories.

The fact of Parabrahman is one of the central and the most important doctrines of Hinduism. Parabrahman is a Sanskrit term that is derived from the root 'brah', which means 'to grow' or 'to expand'. Parabrahman is a metaphysical and the transcendental principle that is described as formless, attribute-less, and action-less.

The Hindu philosophers and theologians describe Parabrahman as the pure and the unchanging consciousness that is the source and the support of all the natures of names and forms, attributes and qualities, and facts and categories. Parabrahman is seen as the ultimate and the most sublime goal of human life, and it is attained through the process of discrimination, detachment, and meditation.

Brahman is free from form. It is formless. The formless nature of Parabrahman is one of the most important and the most distinctive features of Hinduism. The Hindu philosophers and theologians teach that the ultimate and the most sublime reality is beyond and above all the names and forms, attributes and qualities, and concepts and categories. They state that the names and forms, attributes and qualities, and concepts and categories are not the ultimate and the most sublime reality.

Parabrahman means "Supreme Brahman". The Hindu philosophers and theologians describe that the ultimate and the most sublime reality is formless, attribute-less, and action-less which is Para-Brahman. According to Hinduism, the formless nature of Parabrahman is the basis and the foundation of the various forms and the manifestations of the divine, such as the various gods and goddesses of the Hindu pantheon. They describe that the various forms and the manifestations of the divine are the expressions and the manifestations of the formless and the attribute-less Parabrahman. In Hinduism, the formless nature of Parabrahman is the basis and the foundation of the various forms and the manifestations of the world, such as the various objects and the phenomena, the universe, the various events and the processes, and the various universal laws and the principles.

In summary, the doctrine of formless Parabrahman is one of the central and the most important fact of Hinduism. Parabrahman is a metaphysical supreme nature that is described as formless, attribute-less, and action-less.



The formless nature of Parabrahman is one of the most important and the most significant features of Hinduism. The Para-Brahman is attainable through yoga meditations and spiritual practices...

## **Paramatman or Atman in Hinduism.**

Hinduism is a complex and diverse religious tradition that is characterized by the presence of various gods and goddesses, rituals and practices, and philosophical and theological systems. However, at the heart of Hinduism is the concept of Paramatman or Atman, which is the ultimate and the most sublime reality that is beyond and above all the names and forms, attributes and qualities, and natures and categories.

The doctrine of Paramatman or Atman is one of the central and the most important doctrines of Hinduism. Paramatman or Atman is a Sanskrit term that is derived from the root 'at', which means 'to breathe' or 'to live'. Atman means "Soul". Paramatman means "Supreme self". Paramatman or Atman is a metaphysical and the transcendental principle that is described as formless, attribute-less, and action-less. Atmanism is based on Atman or Paramatman.

The Hindu philosophers and theologians describe Paramatman or Atman as the pure and the unchanging eternal consciousness or self that is the source and the support of all the names and forms, attributes and qualities, and natures and categories. Paramatman or Atman is seen as the ultimate and the most sublime goal of human life, and it is attained through the process of discrimination, detachment and meditation.

The formless nature of Paramatman or Atman is one of the most important and the most distinctive features of Hinduism. The Hindu philosophers and theologians describe that the ultimate and the most sublime reality is beyond and above all the names and forms, attributes and qualities, and natures and categories. They teach that self is eternal and can be accessed by concentration.

The Hindu philosophers and theologians describe that the ultimate and the most sublime reality is formless, attribute-less, and action-less. They teach that the formless nature of Paramatman or Atman is the basis and the foundation of the various other forms and the manifestations of the divine, such as the various gods and goddesses of the Hindu pantheon. They state that the various forms and the manifestations of the divine are the expressions and the manifestations of the formless and the attribute-less Paramatman or Atman. This is also described as Nirbija (seedless) Samadhi. It is said in Vedas when one meditates, the pure self or Atman comes out.

Atman, Paramatman, and Atmanism are fundamental concepts in Hindu philosophy and metaphysics. Atman refers to the individual soul or true self, which is eternal, unchanging, and beyond physical. It is the innermost core of a person and is often described as pure consciousness. Paramatman, on the other hand, denotes the universal spirit or supreme soul, which is the highest reality, a supreme formless nature and is often equated with Brahman. While Atman refers to the individual soul, Paramatman refers to the universal soul that pervades all beings. The realization that one's Atman is identical with Paramatman is considered the highest spiritual goal in Hinduism. Atmanism is a belief system or philosophy centered around the doctrine of Atman or Paramatman, emphasizing the understanding and realization of the self and its connection to the universal spirit. The formless nature of Paramatman or Atman is a central and significant doctrine, serving as the foundation for the various manifestations of the divine, human self, world, and ultimate reality...

# Formless Trances in Buddhism.

Buddhism is a religious and philosophical tradition that originated in ancient India and is now practiced and followed by millions of people around the world. One of the central and the most important aspects of Buddhism is the practice of meditation and the attainment of various states of consciousness, known as trances or jhanas. In this writing, we will explore the concept of formless trances mentioned in Buddhism and their importance in the spiritual and the philosophical system of Buddhism.

The formless trances is one of the most important and the most distinctive features of Buddhism. Formless trances are a series of four supreme states of consciousness that are beyond and above the four form trances or the rupa jhanas. The four formless trances are known as the infinite space, the infinite consciousness, the nothingness, and the neither perception nor non-perception.

## The Infinite Space:

The infinite space is the first of the four formless trances. It is a supreme state of consciousness in which the meditator transcends the perception of the material or form world and experiences the perception of infinite space which is free from form. This most sublime reality is beyond and above the materials and forms. This is a pure state which is attainable by concentration meditations.

## The Infinite Consciousness:

The infinite consciousness is the second of the four formless trances. It is a supreme state of consciousness in which the meditator transcends the perception of the infinite space and experiences the perception of infinite

consciousness. This nature is beyond form. This is a pure state which is attainable by concentration meditations.

The Nothingness:

The nothingness is the third of the four formless trances. It is a supreme state of consciousness in which the meditator transcends the perception of the infinite consciousness and experiences the perception of nothingness. This nature is beyond form. This is a pure state which is attainable by concentration meditations.

The Neither Perception nor Non-Perception:

The neither perception nor non-perception is the fourth and the final of the four formless trances. It is a supreme state of consciousness in which the meditator transcends the perception of the nothingness and experiences the perception of neither perception nor non-perception. This nature is beyond form. This is a pure state which is attainable by concentration meditations.

The Importance of Formless Trances:

The formless trances are one of the most important and significant aspects of Buddhism. They are mentioned in Buddhism as exceeding fine natures which are beyond the form. The formless trances are the means and the way to transcend the perception of the materials or form, and to realize the most sublime realities, which are beyond and above the materials or forms. These formless natures are mentioned as very sweet, and the formless trances are the means and the way to attain the various qualities and most sublime realities, such as the higher peace and tranquility.

In summary, formless trances are one of the most important and the most distinctive features of Buddhism. The formless trances are a series of four states of supreme consciousness natures that are beyond and above the four form trances or the rupa jhanas...

# The Divine Eye and Yogic Intelligence.

Hinduism and Buddhism are two of the most ancient and the most profound religious and philosophical traditions in the world. One of the central and the most important aspects of these traditions is the practice of meditation and the attainment of various states of consciousness, known as samadhis, trances or jhanas. In Buddhism, the "Divine Eye" (also known as "clairvoyance" or "divya-cakkhu" in Pali language) is considered one of the six higher knowledges or psychic powers (abhijñā) that can be attained through meditation and spiritual practice. In this writing, we will explore the divine eye and yogic intelligence mentioned in Hinduism and Buddhism and their importance in the spiritual and the philosophical system of these traditions.

## The Divine Eye and Yogic Intelligence:

The divine eye is one of the most important and the most distinctive features of Hinduism and Buddhism. The divine eye is a metaphysical intelligence and it is another name for Yogic Intelligence.

This is a vision and intelligence that surpass ordinary human vision and intelligence. The divine eye or yogic intelligence is the means to acquire knowledge that is beyond the capabilities of ordinary human senses and minds. In Hinduism, the divine eye is mentioned as the third eye or the Ajna chakra eye.

Both Buddhism and Hinduism mention that, he who has access to this super intelligence has access to all knowledge of universe. Except most subtle natures, this divine eye or yogic intelligence can know all such as invisible worlds, other dimensions, invisible creatures, things happening in distant places, languages of animals, microscopic phenomena, past and future,

knowledge about sicknesses, medicines and medical science, knowledge about any subject etc. In fact, Ayurveda was entirely invented by ancient rishis by this super intelligence. It is mentioned in the Buddhist and Hindu scriptures as to gain access to this super intelligence one should practise meditation and in a higher state of samadhi he receives this super intelligence. The divine eye or yogic intelligence is the means and the way to know things that ordinary human eyes and ordinary human minds cannot know. However, in Buddhism it is described as this intelligence is not as powerful as the omniscient intelligence of a Buddha. There are some small limitations of divine eye compared to the omniscient intelligence of the Buddha.

In summary, the "Divine Eye" is a psychic power that can be developed through meditation and spiritual practice. It enables the practitioner to perceive beyond the normal limits of perception, including the ability to see beings as they pass away or are reborn, the various realms of existence, the characteristics of other invisible beings, and events happening in distant places or at different times. However, the development of the Divine Eye is not considered the ultimate goal of spiritual practice. Instead, it is seen as a tool to deepen one's understanding of reality and nature...

## **Meditation to Unveil Past Lives.**

Yoga meditations is the most ancient and the most profound spiritual and philosophical practice in the world. One of the central and the most important aspects of these practices is the attainment of various states of consciousness, known as samadhis, trances or jhanas, and the realization of the ultimate and the most sublime realities of nature. In this writing, we will explore the power of yoga meditations to unveil past lives or reincarnation

and their importance in the spiritual and the philosophical system of these practices.

The past lives and reincarnation are one of the most important and the most distinctive features of Hinduism and Buddhism. The past lives and reincarnation are based on the natural fact that the soul, mind or the consciousness, known as atman or citta, is moving and that it transmigrates from one body to another, known as samsara, in a cycle of birth, death, and rebirth.

The past lives and reincarnation are a way to explain some experiences and phenomena of the material world and the self, such as memories and déjà vu, phobias and fears, good luck and bad luck, talents and skills, and relationships and connections.

The ability of yoga meditation to reveal past lives and reincarnation is a crucial aspect of these practices. Ancient scriptures state that in a state of deep meditative absorption known as samadhi, a yogi can perceive their own past lives as well as the past and future lives of other beings. This connection between yoga and the unveiling of reincarnation is considered one of the most significant and profound elements of these spiritual disciplines.

In the spiritual traditions of Hinduism and Buddhism, the memories of past lives holds significant importance, transcending the mere acknowledgment of reincarnation. It is a potent tool for self-discovery, spiritual growth, and the ultimate realization of the true nature of the self, mind and the cosmos. Understanding past lives reinforces the facts in the continuity of the soul, mind or consciousness, offering a deeper sense of identity beyond the physical form. It also provides insights into current circumstances, personality traits, and karmic tendencies, thereby enhancing self-understanding. Unveiling past lives is a crucial step towards spiritual enlightenment or liberation, fostering the necessary detachment and ego transcendence. Additionally, it shows interconnectedness of many previous lives and provides profound wisdom that guides spiritual development. The ability to access past life memories offers a transformative perspective on existence, the mind, reality, and the universe, challenging the ego-centric view and revealing the deeper dimensions of consciousness and the cosmos. It is

mentioned in the scriptures that anyone can achieve this extraordinary super power ability by reaching a higher level of concentration.

In summary, yoga meditations are a spiritual and philosophical practice, steeped in ancient spiritual tradition, that aim to achieve elevated states of consciousness and freedom from reincarnation. These concentration states can reveal profound truths about nature and existence, including the reincarnation and past lives, which are fundamental tenets of Hinduism and Buddhism. The fact is that the soul, mind, or consciousness transitions from one body to another in a cycle of birth, death, and rebirth. Exploring past lives can be a significant aid for self-discovery and spiritual development, as it highlights the enduring nature of the soul or consciousness beyond the physical body. It offers valuable insights into one's current life situations, character traits, and karmic patterns, life patterns, thereby deepening self-understanding. Ultimately, uncovering past lives is a key step on the path to spiritual enlightenment or liberation...

## **Ancient Religions and Meditation.**

The history of human spirituality is as old as humanity itself. Ancient religions, with their rich tapestry of beliefs, rituals, and practices, have significantly influenced the course of human civilization. One such enduring practice that has been a part of many ancient religions is meditation. This writing aims to explore the intersection of ancient religions and meditation, shedding light on their shared history and lasting legacy.

### **1. Hinduism:**



Originating in the Indian subcontinent around 9000-2000 BCE, Hinduism is one of the world's oldest religions. It is a complex system of beliefs, encompassing a vast array of deities, sacred texts, and philosophical schools. Meditation, or 'Dhyana,' is an integral part of Hindu spiritual practices. The Bhagavad Gita, a revered Hindu scripture, emphasizes the importance of yoga meditation for self-realization and union with the brahman or atman or moksha.

## 2. Buddhism:

Buddhism, founded by sage Siddhartha Gautama (the Buddha) in the 5th century BCE, emerged from the religious and philosophical landscape of ancient India. At its core, Buddhism is a path of liberation from suffering, rooted in the teachings of the Four Noble Truths and the Eightfold Path. Meditation is a cornerstone of Buddhist practice, with various techniques such as Vipassana (insight meditations) and Samatha (concentration meditations) aimed at cultivating mindfulness, concentration, spiritual insight and eternal Nirvana.

## 3. Taoism:

Taoism, or Daoism, is an ancient Chinese religion and philosophy that developed around the 4th century BCE. It is centered on the concept of the 'Tao,' or 'Way,' which refers to the natural order of the universe and the path of harmony and balance. Meditation is a key Taoist practice, with techniques such as 'Tso-wang' (sitting in forgetfulness) and 'Nei-kuan' (inner observation) designed to quiet the mind, cultivate inner stillness, and align oneself with the Tao.

## Meditation in Ancient Religions:

Meditation in these ancient religions was not a mere pastime or a method for relaxation, but a profound spiritual practice aimed at liberation from reincarnation. It was a means to delve deep into the mysteries of existence, to transcend the limitations of the human mind, and to attain a state of enlightenment or union with the divine.

In Hinduism, meditation is seen as a way to realize one's true nature as Atman (the individual soul) and its identity with Brahman (the ultimate reality). In Buddhism, meditation is the vehicle for understanding the true nature of reality, for overcoming the root causes of suffering, and for attaining the state of Nirvana. In Taoism, meditation is the method for aligning oneself with the Tao, for cultivating inner stillness and harmony, and for realizing one's true nature as a part of the cosmic whole.

The exploration of ancient religions and meditation reveals a shared history and a common quest for spiritual understanding and transformation. Despite their differences in beliefs and practices, these ancient religions all recognize the profound power of meditation as a means to access the deepest levels of human consciousness and to touch the divine natures.

In today's fast-paced and often tumultuous world, the wisdom and practices of these ancient religions can offer a valuable resource for truth seeking seekers. They remind us of the enduring human capacity for spiritual growth and transformation and of the timeless power of meditation as a means to access the deepest levels of meaning of life...

## **Ancient Practices.**

The rich tapestry of ancient spiritual traditions is filled with practices and disciplines designed to elevate the human consciousness and unlock latent potentials. Among these, the practices of Brahmacharya, meditation, and the quest for Siddhis hold a significant place. This writing aims to delve into these ancient practices, their significance, and their interconnectedness.

## Brahmacharya:

Brahmacharya is an ancient doctrine rooted in Hinduism, Buddhism and Jainism. The term is often translated as 'celibacy' or 'chastity,' but its meaning is more profound and nuanced. Brahmacharya is about the responsible use of energy, including sexual energy and avoiding lustful thoughts and lustful actions, semen retention, not wasting energy in useless matters and the channeling of this energy towards spiritual growth or self-realization.

In the context of ancient spiritual traditions, Brahmacharya was seen as a crucial discipline for those on the spiritual path. It is mentioned in ancient scriptures that the conservation and careful use of one's energy could lead to increased vitality, mental clarity, concentration of the mind, good spiritual practise and development of spiritual insight.

## Meditation:

Meditation is an ancient practice that has been a part of numerous spiritual traditions across the world. It is a method of calming the mind, concentrating the mind, purifying the mind from sinful states, cultivating inner stillness, and accessing deeper levels of consciousness. In ancient times, meditation was not a mere relaxation technique but a profound spiritual practice that led the practitioner to the liberation from birth and death.

In Ashtanga Yoga, meditation, or 'Dhyana,' is one of the eight limbs of Yoga. In Buddhism, meditation is a cornerstone of the spiritual path, with various techniques such as Vipassana (insight meditations) and Samatha (concentration meditations) which cultivate mindfulness, concentration, and spiritual insight. The ultimate goal in all spiritual practices is ending the cycle of reincarnation.

## Siddhis:

Siddhis are extraordinary super powers or abilities that are said to be attained through spiritual practices such as meditation. In ancient spiritual traditions, the quest for Siddhis was a part of the broader journey towards spiritual liberation and self-realization.

The information of Siddhis is most notably found in Hinduism and Buddhism. In Hinduism, Siddhis are seen as a byproduct of spiritual practices, particularly the advanced stages of meditation. In Buddhism also, while the attainment of Siddhis is acknowledged, they are often viewed with caution, as they can distract the practitioner from the ultimate goal of spiritual liberation which is Nirvana.

Some Siddhis include:

- 1) Anima: The ability to shrink one's body to the size of an atom.
- 2) Mahima: The power to expand one's body to a large size, making the practitioner as big as he needs.
- 3) Laghima: The capacity to make one's body extremely light, enabling the practitioner to levitate, fly through the sky or walk on the water.
- 4) Vashitva: The ability to control all the elements of nature, animals, people, and the forces of nature such as rain, hurricanes, earthquakes.
- 5) Kamavasayita: The power to overcome natural needs, such as hunger, thirst, and sleep.
- 6) Antardhana: The ability to become invisible or disappear at will.
- 7) Darshana: The ability to see events happening at distant locations.
- 8) Kamachari: The ability to go anywhere in the universe in normal gross plane or astral fine planes at will.

These Siddhis are not the ultimate goal of spiritual practice. All scriptures mention that Siddhis or supernatural powers are just by-products of all spiritual traditions.

The Interconnectedness:

The practices of Brahmacharya, meditation, and the quest for Siddhis are deeply interconnected as one leads to another. Brahmacharya, with its emphasis on the responsible use of energy, can be seen as a foundation for the practice of meditation. The conservation and careful use of one's energy can lead to increased mental clarity and focus, which are crucial for the practice of meditation.

The practice of meditation gives superior concentration of the mind, and in turn, can lead to the attainment of Siddhis. In the advanced stages of meditation, when the mind is utterly still and the practitioner has access to the deepest levels of consciousness, extraordinary super powers and psychic abilities are said to arise.

In summary, the ancient practices of Brahmacharya, meditation, and the quest for Siddhis offer a profound and nuanced approach to spiritual growth and self-realization. They remind us of the enduring human capacity for transformation and the timeless wisdom of the spiritual traditions that have guided truth seekers for centuries. In today's world, where stress, distraction, and disconnection are prevalent, these ancient practices can offer a valuable path towards balance, clarity, and connection to nature...

## **Ancient Wisdom.**

The ancient spiritual traditions of the world offer a rich tapestry of beliefs and practices centered around the facts of reincarnation, the existence of other worlds, and the quest for liberation from the cycle of birth and death. This writing aims to delve into these ancient beliefs, their significance, and the underlying quest for spiritual liberation.

Reincarnation, the fact that the soul, mind or spirit, after death, begins a new life in a new body, is an ancient truth found in various spiritual traditions across the world. In Hinduism, reincarnation is a central tenet, closely tied to the law of Karma, which states that every action has a consequence that affects the soul's journey through different lives. Similarly, in Buddhism, the fact of rebirth is integral to the teachings of the Four Noble Truths and the cycle of Samsara.

The existence of other worlds or realms of existence is another ancient fact found in various spiritual traditions. In Hinduism, the universe is seen as a complex system of multiple worlds or 'Lokas,' each with its own characteristics and inhabitants. Similarly, in Buddhism, the cosmos is viewed as a vast and complex system of different realms of existence, including the human realm, the heavenly realms, and the hell realms and various other invisible dimensions or planes.

In the context of these ancient information, the quest for liberation from the cycle of birth and death, also known as Moksha in Hinduism and Nirvana in Buddhism, becomes significant. The cycle of birth, death, and rebirth was seen as a cycle of suffering, driven by ignorance and desire.

The ancient spiritual truth seekers yearned for liberation from this cycle. The spiritual practices and disciplines, such as meditation and righteous living, were seen as means to attain this eternal liberation.

The ancients sought liberation from the cycle of birth and death for several reasons. Firstly, they recognized the inherent suffering in the cycle of Samsara. Birth, aging, sickness, and death were seen as inevitable sources of suffering. Secondly, they understood that the cycle of birth and death is driven by ignorance and desire, which perpetuate suffering. Lastly, they yearned for a state of lasting peace, eternal freedom, a permanent thing and spiritual fulfillment that transcends the temporary pleasures and pains of existence.

In summary, the ancient details about reincarnation, the existence of other invisible worlds, and the quest for liberation offer a profound approach to understanding the nature of existence and the human condition. They remind us of the enduring human quest for meaning, purpose of life, and spiritual fulfillment. In today's world, where materialism, consumerism, and instant gratification often dominate, these ancient information that come from ancient scriptures can offer a valuable perspective on the deeper dimensions of life and the ultimate goal of human life...

# **Understanding Spirituality, Karma, Meditation, and Liberation.**

The realm of spirituality is big and multifaceted, encompassing a wide range of concepts, practices, and experiences. Among these, the concepts of karma and liberation, and the practice of meditation, hold significant significance. This writing aims to provide an understanding of these spiritual concepts and practices, and their importance in the spiritual journey.

## **Spirituality: A Brief Overview:**

Spirituality, in its broadest sense, refers to the quest for a deeper understanding of oneself, the world, and the nature of reality. It is a journey of exploration, discovery, and transformation, which often involves the cultivation of spiritual values and practices, and the pursuit of spiritual experiences and insights. It aims the liberation from birth, aging and death.

## **Karma: The General Law of Cause and Effect:**

Karma is a fundamental concept in many Eastern spiritual traditions, such as Hinduism, Buddhism, and Jainism. It refers to the law of cause and effect, whereby every action (cause) has a corresponding reaction or consequence (effect).

In the spiritual context, karma is often associated with the cycle of birth and death, known as samsara. The actions and intentions of an individual in their

current life are mentioned in spiritual holy texts to influence their circumstances and experiences in their future lives. Thus, the doctrine of karma emphasizes the importance of ethical conduct, virtue, generosity, good activities, compassion, and wisdom in the spiritual journey.

### Meditation: The Pathway to Inner Peace and Understanding:

Meditation is a spiritual practice that involves the focusing of the mind on a particular object or thought, to achieve a mentally clear and emotionally calm, higher awareness state. It is a pathway to inner peace, understanding, and transformation, and is often used as a means to cultivate spiritual values and insights. In the context of karma and liberation, meditation can be used to gain a deeper understanding of the nature of karma, and to cultivate the wisdom and natures necessary to break free from the cycle of samsara.

### Liberation: The Ultimate Goal of the Spiritual Journey:

Liberation, also known as moksha or nirvana in various spiritual holy texts, is the ultimate goal of the spiritual journey in many Eastern spiritual traditions. It refers to the state of complete freedom and enlightenment, which is achieved by breaking free from the cycle of samsara or reincarnation and the bonds of ignorance, desire, and karma. The importance of obtaining liberation lies in the fact that it is the only means to permanently end the cycle of birth and death, and the suffering associated with it. It is a state of profound peace, and bliss, which transcends the impermanence of the existence.

In summary, the doctrine of karma and liberation, and the practice of meditation, hold significant significance in the realm of spirituality. They provide a framework for understanding the nature of reality, the consequences of actions, and the ultimate goal of the spiritual journey. In the quest for liberation, the cultivation of wisdom, virtue, and ethical conduct, and the regular practice of meditation, are essential. These can help to break free from the bonds of ignorance, desire, and karma, and to achieve the state of complete freedom from existence...



# **An Exploration of Meditation,**

## **Pranayama, Yoga, and Spirituality.**

The path of inner transformation is a profound and multifaceted journey, which involves the cultivation of spiritual practices and the pursuit of spiritual experiences and insights. Among the various spiritual practices, vipassana meditation, pranayama, yoga, and their different forms, such as kriya yoga, raja yoga, and kundalini yoga, hold significant significance. This writing aims to provide an understanding of these spiritual practices and their role in the path of inner transformation and spirituality.

### **Pranayama: The Breath Control:**

Pranayama is a spiritual practice that involves the regulation and control of the breath, to achieve a state of physical and mental well-being and as a good preparation to attaining concentration or samadhi. In the path of inner transformation, pranayama is a valuable practice, as it allows for the cultivation of physical health, mental clarity, and spiritual vitality.

### **The Different Forms of Yoga:**

Yoga, in its broad and diverse tradition, encompasses various forms and practices, which cater to the different needs, preferences, and capacities of the practitioners. Among these, hatha yoga, kriya yoga, raja yoga, and kundalini yoga hold significant significance.

**Hatha Yoga:** Hatha Yoga is a spiritual practice that involves the integration and harmony of the body, the mind, and the spirit, to cure bodily sicknesses and to achieve a state of physical, mental, and spiritual well-being. It is based on the understanding that the body, the mind, and the spirit are not separate and independent entities, but rather interconnected and interdependent dimensions of oneself. Hatha Yoga is way to prepare the body and mind for attaining states of samadhi or concentration.

**Kriya Yoga: The Yoga of Action**

Kriya yoga is a form of yoga that involves the integration and harmony of the body, the mind, and the spirit, through the practice of concentration meditation. Kriya Yoga goes with Samkhya philosophy.

**Raja Yoga: The Yoga of the Royals**

Raja yoga is a form of yoga that involves the regulation and control of the mind, to achieve a state of mental clarity and super consciousness. Goal of Raja Yoga is concentrating mind and attaining samadhi levels.

**Kundalini Yoga: The Yoga of the Hidden Energy**

Kundalini yoga is a form of yoga that involves the awakening and raising of the hidden energy, known as kundalini, to achieve a state of physical, mental, and spiritual well-being. It is based on the understanding that the hidden energy is not just a physiological and psychological phenomenon, but also a spiritual and transformative force that leads to samadhi.

**Meditation: The Journey Inward**

Meditation is a spiritual practice that involves the focusing of the mind on a particular object, mantra, or thought to achieve a mentally clear higher state or understanding of the reality. And there are various types of meditations in various spiritual traditions. In the spiritual path of inner transformation, meditation is a crucial practice, as it allows for the cultivation of self-awareness and inner peace. Meditation can also be a tool for attaining elevated states of consciousness and spiritual enlightenment, such as samadhi and nirvana.

In summary, the path of inner transformation is a profound and multifaceted journey, which involves the cultivation of spiritual practices and the pursuit of spiritual experiences and insights. Meditations are essential practices in this journey. They allow for the cultivation of self-awareness, inner peace, spiritual understanding, physical health, mental clarity, spiritual vitality, physical flexibility, mental balance, spiritual integration, and the higher states of consciousness and ultimately spiritual realization of the universe...

## **An Exploration of Siddhas, Vidyadharas, and Siddhis.**

The realm of spirituality is big and multifaceted, encompassing a wide range of facts, practices, and experiences. Among these, the facts of Siddhas, Vidyadharas, and Siddhis, which pertain to the attainment of supernatural powers and abilities, hold significant significance and fascination. This writing aims to provide an understanding of these spiritual facts and their role in the path of spiritual transformation and realization.

**Siddhas: The Perfected Ones or Supernatural Power Holders:**

Siddhas are individuals who have attained a state of spiritual perfection, known as Siddhis, through the practice of spiritual disciplines and meditations. They are often regarded as holy beings, who possess a profound understanding of the nature and the principles of spirituality. In the spiritual traditions of Hinduism, Buddhism, and Jainism, Siddhas are often associated with the attainment of supernatural powers and abilities, which are

considered as byproducts of their spiritual realization and virtues. These powers and abilities include, but are not limited to, the ability to levitate, the ability to fly, the ability to become invisible, the ability to bi-locate, the ability to read minds, the ability to heal, and the ability to control the natural elements.

**Vidyadharas: The Knowledge Bearers or Power Bearers:**

Vidyadharas are individuals who have gained a state power or siddhi, through the practice of learning or by chemicals or by mantras. They are often regarded as bearers of knowledge or magical powers through chemical means or mantras. Their magical powers and abilities include, but are not limited to, the ability to become invisible, the ability to deal with demons and the ability to create illusions.

**Siddhis: The Spiritual Powers or Psychic Abilities:**

Siddhis are the spiritual powers and abilities that are attained as a result of the practice of spiritual disciplines and meditations. They are often regarded as byproducts of spiritual practices, and are not considered as the ultimate goal of the spiritual path.

In the spiritual traditions of Hinduism, Buddhism, and Jainism, Siddhis are often classified into various categories, based on their nature and function. These categories include, but are not limited to, the eight classical Siddhis, the ten Maha Siddhis, and the sixty-four Kala Siddhis.

The eight classical yoga Siddhis, which are often considered as the fundamental and essential Siddhis, include:

1. Anima: The ability to become as small as an atom.
2. Mahima: The ability to become as large as a mountain.
3. Garima: The ability to become as heavy as a mountain.
4. Laghima: The ability to become as light as a feather.
5. Prapti: The ability to be closer to anything.
6. Prakamya: The ability to stay in none attachment.
7. Ishitva: The ability to create materials.

8. Vashita: The ability to control the elements and the laws of nature.

The ten Maha Siddhis, which are often considered as the advanced and exceptional Siddhis, include:

1. Tri-Kala-Jnana: The ability to know the past, the present, and the future.
2. Advaita-Jnana: The ability to experience and realize the oneness of all things.
3. Para-Kaya-Pravesha: The ability to enter into the bodies of others.
4. Para-Mantra-Jnana: The ability to understand the languages, mantras and the spells of other beings.
5. Para-Aksha-Jnana: The ability to perceive the thoughts of other.
6. Surya-Chandra-Adhi-Gamana: The ability to travel to the sun and the moon.
7. Vayu-Gamana: The ability to travel and move with the speed and the power of the wind.
8. Patala-Adhi-Gamana: The ability to travel to the realms of the underworld.
9. Naga-Pashupata-Adhi-Gamana: The ability to travel to the realms of the demigods of nagas and the pashupatas.
10. Durdara-Labha: The ability to acquire things that are difficult to acquire and possess.

In the Buddhist tradition, the "seven abinnas" or "6 higher intelligences" are considered to be advanced spiritual powers or psychic abilities that can be attained through the practice of meditation. These six abinnas are:

1. Manomaya iddhi: The ability to create a body from the mind, which can be used to travel to other realms of existence or to perform other supernatural feats. This body is either a visible physical or material body, or an invisible mental or spiritual body, which is created and sustained by the power of the mind and works according to the thoughts.
2. Iddhi-vidha: The ability to perform various supernatural feats, such as levitation, bilocation, flying through the space, going through walls, gushing fire from the body, telekinesis, teleportation and walking on water.
3. Dibba-sota: The ability to hear sounds and conversations from far away or from other realms of existence.

4. Cetopariya-ñāna: The ability to know the thoughts and intentions of beings.
5. Pubbe-ñivasa-ñāna: The ability to remember past lives.
6. Dibba-cakkhu: The ability to see beings and events in other realms of existence, as well as in other worlds and distant galaxies, and the ability to gain divine knowledge and information about anything.

These Abinnas are considered to be valuable and essential tools and aids in the path of spiritual transformation and realization. However, they are not considered as the ultimate goal of the spiritual path, but rather as byproducts of spiritual realization or spiritual virtues.

The sixty-four Kala Siddhis mentioned in ancient texts, which are often considered as the diverse and the specialized Siddhis, (some of them are used by Vidyadharas by means of chemicals or spells related to dark magic. Yogis who follow meditations do not do wrong actions.) include:

1. Anima
2. Mahima
3. Garima
4. Laghima
5. Prapti
6. Prakamya
7. Ishita
8. Vashita
9. Kama-Rupa: The ability to assume any form desired.
10. Kama-Darshana: The ability to see any object or place desired.
11. Kama-Manohara: The ability to enchant others.
12. Kama-Akarshana: The ability to attract and draw others.
13. Kama-Vashya: The ability to control and subjugate others.
14. Kama-Stambhana: The ability to paralyze and immobilize others.
15. Kama-Mara: The ability to destroy anything.
16. Kama-Rochana: The ability to arouse and excite others.
17. Kama-Uchchata: The ability to agitate and disturb others.
18. Kama-Vidvesha: The ability to incite enmity.
19. Kama-Santapa: The ability to afflict.
20. Kama-Mohana: The ability to delude and confuse others.

21. Kama-Sankata: The ability to create and incite fear and anxiety among others.
22. Kama-Vibheda: The ability to separate and divide others.
23. Kama-Siddhi: The ability to fulfill the desires and the wishes of others.
24. Kama-Vridhhi: The ability to increase and enhance the desires and the wishes of others.
25. Kama-Kshaya: The ability to decrease and diminish the desires and the wishes of others.
26. Kama-Rupa-Antara: The ability to change and alter the forms of others.
27. Kama-Darshana-Antara: The ability to change and alter the perceptions of others.
28. Kama-Manohara-Antara: The ability to change and alter the enchantments of others.
29. Kama-Akarshana-Antara: The ability to change and alter the attractions and the drawings of others.
30. Kama-Vashya-Antara: The ability to change and alter the controls and the subjugations of others.
31. Kama-Stambhana-Antara: The ability to change and alter the paralyses and the immobilizations of others.
32. Kama-Mara-Antara: The ability to change and alter the destructions.
33. Kama-Rochana-Antara: The ability to change and alter the arousals and the excitations of others.
34. Kama-Uchchata-Antara: The ability to change and alter the agitations and the disturbances of others.
35. Kama-Vidvesha-Antara: The ability to change and alter the hatreds and the enmities among others.
36. Kama-Santapa-Antara: The ability to change and alter the torments and the afflictions of others.
37. Kama-Mohana-Antara: The ability to change and alter the delusions and the confusions of others.
38. Kama-Sankata-Antara: The ability to change and alter the fears and the anxieties among others.
39. Kama-Vibheda-Antara: The ability to change and alter the separations and the divisions of others.
40. Kama-Rupa-Samskara: The ability to perfect and refine the forms of others.

41. Kama-Darshana-Samskara: The ability to perfect and refine the perceptions of others.
42. Kama-Manohara-Samskara: The ability to perfect and refine the enchantments of others.
43. Kama-Akarshana-Samskara: The ability to perfect and refine the attractions and the drawings of others.
44. Kama-Vashya-Samskara: The ability to perfect and refine the controls and the subjugations of others.
45. Kama-Stambhana-Samskara: The ability to perfect and refine the paralyses and the immobilizations of others.
46. Kama-Mara-Samskara: The ability to perfect and refine the destructions.
47. Kama-Rochana-Samskara: The ability to perfect and refine the arousals and the excitations of others.
48. Kama-Uchchata-Samskara: The ability to perfect and refine the agitations and the disturbances of others.
49. Kama-Vidvesha-Samskara: The ability to perfect and refine the hatreds and the enmities among others.
50. Kama-Santapa-Samskara: The ability to perfect and refine the torments and the afflictions of others.
51. Kama-Mohana-Samskara: The ability to perfect and refine the delusions and the confusions of others.
52. Kama-Sankata-Samskara: The ability to perfect and refine the fears and the anxieties among others.
53. Kama-Vibheda-Samskara: The ability to perfect and refine the separations and the divisions of others.
54. Kama-Rupa-Vikara: The ability to degrade and corrupt the forms of others.
55. Kama-Darshana-Vikara: The ability to degrade and corrupt the perceptions of others.
56. Kama-Manohara-Vikara: The ability to degrade and corrupt the enchantments and the attractions of others.
57. Kama-Akarshana-Vikara: The ability to degrade and corrupt the attractions and the drawings of others.
58. Kama-Vashya-Vikara: The ability to degrade and corrupt the controls and the subjugations of others.
59. Kama-Stambhana-Vikara: The ability to degrade and corrupt the paralyses and the immobilizations of others.



- 60. Kama-Mara-Vikara: The ability to degrade and corrupt destructions.
- 61. Kama-Rochana-Vikara: The ability to degrade and corrupt the arousals and the excitations of others.
- 62. Kama-Uchchata-Vikara: The ability to degrade and corrupt the agitations and the disturbances of others.
- 63. Kama-Vidvesha-Vikara: The ability to degrade and corrupt the hatreds and the enmities among others.
- 64. Kama-Santapa-Vikara: The ability to degrade and corrupt the torments and the afflictions of others.

In summary, the realms of spirituality and vidyas or sciences are big and multifaceted, encompassing a wide range of actions, practices, and experiences. The facts about Siddhas, Vidyadharas, and various types of Siddhis or abnormal abilities are come either from meditations or from chemical or mantra means. The super powers come from meditations are often regarded as byproducts of spiritual virtues and are not considered the ultimate goal of the spiritual path. The goal of spiritual path is ending all sufferings, birth and death by coming to an eternal state...

## **Destructions of Kali Yuga.**

In the Hindu tradition, the concept of time is cyclical and is divided into four distinct ages or yugas: Satya Yuga, Treta Yuga, Dvapara Yuga, and Kali Yuga. Each yuga is characterized by its own unique qualities and features, and is believed to last for a specific period of time.

Kali Yuga or Kali age, which is often referred to as the "age of darkness, sins and decline," is the fourth and final yuga or age in the Hindu cycle of time. It is believed to have begun around 5,000 years ago.

The Kali Yuga is characterized in scriptures by a number of negative qualities and features, which are believed to increase and intensify as the yuga progresses. Some of the most notable destructions or declinations of Kali Yuga include:

1. **Decline of Dharma:** The Kali Yuga is marked by a great decline in the practice and the understanding of dharma or the righteous and the moral ways of life. This decline leads to a number of social, political, and environmental problems and challenges in the Kali age.
2. **Increase in Violence and Conflict:** The Kali Yuga is characterized by a great increase in violence and conflict on earth, both at the individual and the collective levels. This increase is a result of the decline of dharma and the rise of greed, anger, and delusion related thoughts of human beings.
3. **Rise of Materialism:** The Kali Yuga is marked by a great rise in materialism and consumerism, as well as a decline in the appreciation and the understanding of the spiritual and the higher transcendent dimensions. This becomes as the result of the decline of dharma and the rise of greed, hatred and delusion related thoughts in the people of Kali age.
4. **Degradation of the Environment:** The Kali Yuga is characterized by a great degradation of the environment, as well as a decline in the understanding of the interdependence and the interconnectedness of all things in the nature and cosmos. There happens a lot of natural disasters.
5. **Increase in Disease and Suffering:** The Kali Yuga is marked by a great increase in diseases and various sufferings, both at the individual and the collective levels. This increase is a result of the decline of dharma and the rise of greed, anger, and delusion related thoughts of Kali age human beings.
6. **Decline of Knowledge and Wisdom:** The Kali Yuga is characterized by a great decline in the appreciation and the understanding of correct knowledge and wisdom, as well as a rise in the appreciation and the praising of ignorance and delusion. The spiritual wisdom about the nature will be ridiculed by the human beings of Kali age.

The Hindu tradition offers a number of responses and solutions to the destructions of Kali Yuga. Most notable and the most effective responses include:

1) Cultivation of Satsang: The cultivation and the appreciation of satsang or the company of the wise and the righteous spiritual men is considered to be a valuable and an essential response to the destructions of Kali Yuga. Also, this cultivation involves the seeking and the association with spiritual teachers, mentors, and guides, as well as the engagement in spiritual dharma discussions, dharma dialogues, learning dharma, and reading dharma books.

2) Practice of Dharma: The practice and the understanding of dharma is considered to be the most effective and the most essential response to the destructions of Kali Yuga. This involves the cultivation of spiritual virtues such as renunciation, compassion, generosity, truthfulness and wisdom, as well as the engagement in spiritual practices such as meditation, and puja offerings.

In summary, the Kali Yuga or the "age of darkness and destruction" is the fourth and the final yuga in the Hindu cycle of time. It is characterized by a number of negative qualities and features, which are inclined to increase and to intensify as the yuga progresses. The Hindu tradition offers a number of responses and solutions to the destructions of Kali Yuga, which involve the cultivation of satsang, the practice and the understanding of dharma, doing meditations, and the performance of karma yoga...

## **How to Recognize Karma in Work?**

The universe is filled with various forms of energy, some of which are invisible to the human eye. Radiation is the emission or transmission of energy in the form of waves or particles, and most types are invisible to the human eye. The two main types of radiation are non-ionizing and ionizing. The visible light spectrum, which is the only part of the electromagnetic spectrum that humans can see, represents a very small portion of the entire spectrum. The wavelengths of visible light range from approximately 400

nanometers (violet) to 700 nanometers (red). Invisible radiation types include non-ionizing radiation such as radio waves used for communication, microwaves used for heating and communication, and infrared radiation emitted by hot objects. Ionizing radiation, which can cause damage to living tissue, includes ultraviolet (UV) radiation emitted by the sun, X-rays used for medical imaging, gamma rays emitted by radioactive materials and used in medical treatments, alpha particles emitted by some radioactive materials, and beta particles also emitted by radioactive materials. All of these types of radiation are invisible and can only be detected with specialized technological equipment.

It is hard to know the things that are invisible. We do not feel invisible things like radiation. But radiation exists in the universe, and it is not the only form of energy in the universe that is invisible. Radiation proves that just because something is invisible, it doesn't mean it doesn't exist. Depending on our own five senses, such as our eyes or body, we are not capable of knowing this invisible nature called radiation. In the same way, realizing karma energy, which exists in the universe for real, is hard because karma is invisible. Karma is an abnormal energy that exists in the universe. It is one aspect of the cause and effect natural law.

However, if someone is a wise person, that person can realize this energy called karma exists in the universe. Have you seen detectives like Sherlock Holmes know unseen things just by their wisdom?

Did you ever think about why things in our lives happen according to a pattern? Have you ever noticed that in our lives or in some people's lives, despite our extremely calculated and correct efforts, things go wrong? Sometimes, without even trying, the best things happen for us, and sometimes these things happen for us always. Have you ever noticed these natural phenomena? Have you ever seen when we are completely sure something will happen exactly like this or that, then it happens in an unexpected and abnormal way? And have you seen some people are always lucky and some people are always unlucky? And have you ever considered why there is inequality among people, such as rich, poor, healthy, sick, powerful, powerless, ugly, beautiful, disabled, and well-built? A person may plan to visit a certain location the following day. However, an unforeseen

circumstance arises the next morning, preventing him from going. Later, he discovers that a bomb explosion occurred at the same place he intended to visit, causing numerous fatalities. Surprisingly, the person narrowly escaped the tragic incident. The cause and effect natural law exists. These are some methods to recognize that karma is real and karma controls the universe. Karma is a nature that truly exists, but it cannot be seen with the eyes. Karma can only be known by the wisdom of wise people. Just like detective Sherlock Holmes knows unseen things just by his wisdom by checking and analyzing evidence, we have to check and analyze evidence of karma and nature to find out the truth. For that, we need to learn more about karma and dharma. It is only by wisdom that we can know karma is real and it works. Karma is related to consciousness, and dreams are related to consciousness. That is why sometimes we see a future event in our dreams. It is karma that gives that message to consciousness.

Much like radiation, karma is an invisible force that is hard to comprehend solely through our five senses. Karma is a spiritual principle that suggests every action a person takes has a corresponding effect, which can be positive or negative. This principle is a fundamental aspect of the cause and effect natural law.

Invisible forces, such as radiation and karma, significantly impact our lives and the universe at large. While radiation's effects can be measured through scientific technological means, karma's influence is more subtle and requires introspection and wisdom to discern. Acknowledging and understanding these unseen forces can lead to a more comprehensive comprehension of the world and our place within it...

# Exploring Methods for Learning

## Meditations.

Meditation, an age-old practice, has gained significant popularity in the modern world too. It is a technique for resting the mind and attaining higher states of consciousness that is different from the normal waking state. It is often used to clear the mind, reduce stress, promote relaxation and to be healthy too. If you're new to meditation or looking to deepen your understanding, there are numerous methods to learn and explore. One of the most accessible and convenient ways is through books.

Books offer a comprehensive and in-depth understanding of meditation. They can provide a historical context, explain different types of meditations, offer step-by-step guides for beginners and teach more complex matters to the advanced. Moreover, books allow you to learn at your own pace, in the comfort of your own home. You can revisit sections, take notes, and fully absorb the information without any external pressure.

When it comes to choosing a book on meditation, it's essential to consider your specific needs and interests. If you're a beginner, look for books that offer a broad introduction to meditation, its benefits, and basic techniques. For instance, "The Miracle of Mindfulness" by Thich Nhat Hanh and "Practical Meditation Guide By A Forest Monk" by Reverend Brahmadeva Forest Monk are excellent starting points.

If you're interested in a specific type of meditation, such as Vipassana, Concentration, Yoga, Tantra, Transcendental, or Zen meditation, there are numerous books that delve into these meditation practices specifically.

Reading and learning about meditations is a great first step, but the real benefits come from incorporating this knowledge into your regular practice. Here are a few tips to help you:

- 1) Set a Regular Reading Schedule: Dedicate a specific time each day or week to read and learn about meditations. This will help you stay consistent and make progress.
- 2) Reflect and Take Notes: As you read, take notes on key points, insights, or questions. This will aid in recall and understanding, and also provide a useful reference for future meditation practices.
- 3) Apply What You Learn: After each reading session, try to apply the techniques or insights you've gained in your meditation practices. This will help you understand the concepts better and enhance your meditation experience.

Books are a valuable resource for learning and exploring the world of meditations. They offer a wealth of knowledge, the flexibility to learn at your own pace, and the opportunity to delve into specific areas of interest. Remember, the most important aspect is to apply what you learn in your regular meditation practice. The journey of meditation is unique to each individual, and books can serve as a guiding light in this inward journey...

# Heavenly Mansions of Gods in Religious Texts.

Vimanas, the heavenly mansions or celestial palaces, have been an integral part of various religious texts across the world. Often associated with gods, deities, and divine beings, these mansions are believed to be located in the higher realms of existence, such as the Divine Planes, Divya Lokas or Swarga. This writing aims to explore the facts of Vimanas, their significance, and descriptions in religious texts.

## Vimanas in Hinduism:

In Hinduism, Vimanas are often depicted as the celestial chariots of gods and deities. These chariots, powered by divine animals, are believed to traverse the skies and between the different realms of existence. The most famous of these is the Pushpaka Vimana, the divine chariot of Lord Kubera, a god king.

However, Vimanas also refer to the heavenly mansions or palaces of the gods. The most notable among these is Vaikuntha, the abode of Lord Vishnu. Described as a place of bliss and happiness, Vaikuntha is believed to be located beyond the human material plane. Similarly, Kailasha, the abode of Lord Shiva and Parvati, is described as a magnificent palace located atop Mount Kailash.

## Vimanas in Buddhism:

In Buddhist cosmology, Vimanas or celestial mansions are a part of divine celestial worlds. These mansions are the abodes of the gods, devas or heavenly beings. The gods, who are subject to desire and attachment, live in



these mansions, enjoying sensual pleasures until their merit, which earned them this birth, exhausts.

Buddhism also mentions that the Brahmas a higher type of gods also have Brahmic Vimanas or Brahma mansions. These Brahmas are free from passion desire and are closer to enlightenment than the other gods because Brahmas live with concentrated minds in trances.

Vimanas in Jainism:

In Jain cosmology, Vimanas are a part of the upper world or Urdhva Loka. These celestial mansions are the abodes of the devas or gods and Siddhas. The gods, like in Buddhism, are subject to desire and attachment and live in these mansions until their merit exhausts.

The highest of these celestial mansions mentioned in Jain scriptures is the Siddhashila, the abode of the Siddhas. According to Jainism, Siddhas, who have attained freedom from the cycle of birth and death, reside in this mansion, experiencing peace.

In summary, the facts of Vimanas or celestial mansions is a fascinating aspect of religious texts. These mansions, often associated with gods, deities, and divine beings, symbolize the higher realms of existence, where one can experience bliss and pleasure. While the descriptions and significance of these mansions may vary across different religions, they all serve as a reminder of the rewards of good karmas and spiritual journey...

## **The Intersection of Science and Nature.**

Science is a broad and multifaceted thing that seeks to understand the world around us. It encompasses a wide range of fields, from biology and chemistry to physics and computer science. In recent years, two areas of science have garnered considerable attention and have the potential to revolutionize our understanding of the world: artificial intelligence (AI) and quantum physics. This writing will explore the intersection of these fields and their relationship with nature.

Artificial intelligence is a branch of computer science that focuses on the development of intelligent machines that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and language translation. AI has already had a significant impact on our lives, with applications in areas such as healthcare, finance, and transportation.

One of the most exciting areas of AI research is the development of machine learning algorithms, which allow computers to learn from data without being explicitly programmed. This has led to the development of AI systems that can outperform humans in certain tasks, such as image and speech recognition. However, AI still has a long way to go before it can match the flexibility and adaptability of human intelligence.

Quantum physics, on the other hand, is a branch of physics that deals with the behavior of matter and energy at the atomic and subatomic level. It is a highly abstract and mathematical field, but it has had a profound impact on our understanding of the world. Quantum mechanics has led to the development of technologies such as the laser, the transistor, and magnetic resonance imaging (MRI).

Among the captivating features of quantum physics, the concept of quantum entanglement stands out, where two particles become intertwined in such a way that the state of one particle can instantly influence the state of the other, irrespective of the distance separating them. This fascinating phenomenon has paved the way for the emergence of quantum computing, a technology that holds immense potential to transform the methods we employ for processing and storing information.

The relationship between AI, quantum physics, and nature is a complex and fascinating one. AI systems are often inspired by the natural world, with algorithms that mimic the behavior of ants, bees, and other animals. Similarly, quantum physics is closely related to the behavior of atoms and molecules, which are the building blocks of the natural world.

However, there are also significant differences between these fields and the natural world. AI systems are designed and programmed by humans entering datasets made by humans, while the natural world has evolved over billions of years through a natural process. Similarly, quantum physics deals with the behavior of matter and energy at a scale that is far removed from our everyday experience of the world.

In summary, science is a big and diverse thing that seeks to understand the world around us. The fields of artificial intelligence and quantum physics are two areas of science that have the potential to revolutionize the world. The relationship between these fields and the natural world is a complex and fascinating one, with both similarities and differences...

## **Cases of Children Who Remember Past Lives in Western Cultures.**

Reincarnation is a thing that has been a part of many cultures and religions for thousands of years. It is the idea that the soul, mind or consciousness of a person continues to exist after death and is reborn in a new body or get a new body. While there is no materialism based materialistic science evidence to support the existence of reincarnation, there have been many anecdotal

accounts of people, particularly children, who claim to remember their past lives.

One of the most prominent researchers in the field of reincarnation science was the late Professor Ian Stevenson. Stevenson was a psychiatrist and a member of the faculty at the University of Virginia for over 50 years. He dedicated much of his career to investigating, experimenting and documenting cases of children who claimed to remember their past lives.

Reincarnation scientist Stevenson's research was unique in that he approached the subject of reincarnation from a scientific and objective perspective. He conducted extensive interviews with the children and their families, and he also searched for verifiable evidence to support their claims. Stevenson's research took him to many different countries, including India, Lebanon, and Thailand, where he documented over 3,000 cases of children who claimed to remember their past lives.

While the majority of Stevenson's cases were from non-Western cultures, he also documented cases of children who claimed to remember their past lives in Western countries. In his book, "European Cases of the Reincarnation Type," Reincarnation scientist Stevenson details 40 cases of children from Europe who claimed to remember their past lives. These cases are significant because they challenge the notion that reincarnation is a thing that is only found in Eastern cultures.

Similarly, in the United States of America, there have been cases of children who claim to remember their past lives. In his book, "Children Who Remember Previous Lives: A Question of Reincarnation," Stevenson details several cases of American children also who claimed to remember their past lives. One of the most well-known cases is that of James Leininger, a young boy from Louisiana who claimed to remember his past life as a World War II pilot.

The cases of children who claim to remember their past lives are fascinating and intriguing, but they also raise many questions. From a biological materialistic perspective, according to materialism philosophy, it is unclear how the memories of a past life could be transferred to a new body.

Reincarnation scientist Professor Ian Stevenson's research has made a significant contribution to our understanding of reincarnation and the phenomenon of children who claim to remember their past lives. His objective and scientific approach to the subject has helped to legitimize it as a field of study, and his extensive documentation of cases has provided a wealth of information for researchers to analyze and explore.

In summary, the faith in reincarnation has been a part of many cultures and religions for thousands of years. And there have been many instances and accounts of children who claim to remember their past lives. The research of Professor Ian Stevenson has been instrumental in investigating and documenting these cases, including those from Western countries. The cases of children who claim to remember their past lives are fascinating and intriguing, but they also raise many questions and challenges from a biological and materialism based materialistic scientific perspective which goes with air, water, earth and fire...

## **Sons of Dharma.**

The doctrine of Dharma is a fundamental and central idea in many Indian religions, including Hinduism, Buddhism, Jainism, and Sikhism. It is a complex and multifaceted term that can be translated as “duty, righteousness, morality, virtue, nature, natural order, universal order or cosmic order”. As we can see it, Dharma refers to the fact that there are natural laws that govern the universe, and that human beings have a moral and spiritual obligation to live in accordance with those laws.

As we can see it, the Dharma is closely related to the doctrine of Karma, or the law of cause and effect. According to Hinduism, every action that a person performs, whether good or bad, has a corresponding consequence that will affect their future lives. The ultimate goal of Hinduism is to achieve Moksha, or freedom from the cycle of birth and death.

Those who follow the path of Dharma, or righteousness, are believed to be the sons of Dharma, or the sons of the gods. In Hinduism, the gods are not seen as distant and unapproachable beings, but as divine and benevolent living beings who live in invisible realms. These gods were practitioners of Dharma in their previous lives and have now obtained the life of a god. The gods are said to be upholders and practitioners of Dharma. To be worthy of their favor and protection, human beings must strive to live in accordance with the divine law.

In the spiritual traditions, gods are often seen as beings who have accumulated immense amounts of positive karma and are now enjoying the fruits of their actions in the form of a divine life. Human beings, in order to improve their own karma and strive for a better rebirth, are encouraged to live in accordance with Dharma. This often involves practicing virtues such as compassion, honesty, generosity, wisdom in Dharma, self-restraint, and engaging in meditations and austerities. It also includes performing good actions that are beneficial to oneself and others.

The idea of the sons of Dharma or sons of Gods is not unique to Hinduism, but can be found in many other religions and cultures such as Buddhism.

In summary, Dharma is a fundamental and central doctrine in many Indian religions. It signifies a natural and divine law that governs the universe through cause and effect. According to the doctrine, humans have a moral and spiritual duty to live in alignment with this law for their own good. And those who follow the path of righteousness, or Dharma, are often referred to as the sons of Dharma, or the sons of the gods...

# Jealousy in the Natural World and Society.

Jealousy or envy are emotions that have been present in the natural world and human societies for as long as we can remember. From the animal kingdom to human interactions, feelings of jealousy can arise when individuals perceive that they are lacking in some way compared to others. In this article, we will explore some of the most common manifestations of jealousy and envy in society, and discuss ways to manage and overcome these emotions.

One of the most common sources of jealousy or envy in society is the unequal distribution of wealth and power. Poor people may feel jealous of rich people because they do not have the same financial resources and opportunities. Similarly, powerless people may feel envious of those in positions of authority and influence because they do not have the same level of control over their lives and circumstances.

These feelings of jealousy or envy are understandable, as they often stem from a sense of injustice and inequality. However, it's important to remember that wealth and power are not the only indicators of success or happiness. There are many examples of people who have achieved fulfillment and contentment without accumulating great wealth or power. Instead of focusing on what one lacks compared to others, it can be more productive to focus on personal growth and self-improvement.

Another source of jealousy and envy in society is the value placed on physical appearance and moral virtue. Ugly women may feel jealous of beautiful women because they do not conform to societal standards of attractiveness.

Similarly, bad people may feel envious of virtuous good people because they cannot behave righteously, and behaving righteously is hard.

These feelings of jealousy or envy are often rooted in a sense of shame and inadequacy. However, it's important to remember that everyone has unique strengths and weaknesses, and that true worth and beauty are not determined by external appearances or moral perfection. Instead of comparing oneself to others, it can be more helpful to focus on self-acceptance and cultivating one's own inner qualities.

Finally, jealousy or envy can also arise in the realm of intelligence and education. Foolish men may feel jealous of wise men because they lack the same level of education, intelligence, and understanding capabilities.

These feelings of jealousy or envy are often rooted in a sense of inferiority and insecurity. However, it's important to remember that intelligence and education are not the only indicators of wisdom or success. There are many examples of people who have achieved great things despite lacking formal education or high IQ scores. Instead of comparing oneself to others, it can be more helpful to focus on lifelong learning and cultivating one's own unique talents and abilities.

In summary, jealousy and envy are complex emotions that can arise in many different contexts. While it's natural to feel these emotions from time to time, it's important to manage and overcome them in order to lead a fulfilling and contented life. By focusing on personal growth, self-acceptance, and lifelong learning, we can cultivate a sense of inner worth and happiness that is not dependent on external comparisons or validation...



# Waraha Upanishad: Ancient Indian

## Wisdom.

The Waraha Upanishad is a lesser-known but profound text in the vast library of ancient Indian wisdom. It is one of the 108 Upanishads, which are sacred Hindu scriptures that explore philosophical facts and meditative practices. The Waraha Upanishad is unique in that it is presented as a dialogue between Lord Vishnu, in the form of a boar (Varaha), and the earthly manifestation of the goddess Bhudevi.

The Upanishad begins with the story of the cosmic deluge, in which the earth is submerged under water. Lord Vishnu, in his Varaha avatar, dives into the depths of the ocean and lifts the earth on his tusks, rescuing it from the flood. This powerful imagery sets the stage for the ensuing dialogue between Varaha and Bhudevi, which delves into the nature of the universe, the self, and the ultimate reality.

One of the key teachings of the Waraha Upanishad is the concept of Brahman, the supreme reality or cosmic consciousness that underlies all of creation. According to the Upanishad, Brahman is formless, eternal, and all-pervading, and it is the source of all material and spiritual manifestations. The ultimate goal of human life, it asserts, is to realize one's identity with Brahman, a state known as self-realization or enlightenment.

The Waraha Upanishad also explores the nature of the self or Atman, which it describes as the innermost essence of every living being. The Atman, it asserts, is not the physical body, the general mind, or the ego, but rather an unchanging, eternal super consciousness nature that is one with formless Brahman. The Upanishad provides various meditative techniques and

spiritual practices to help seekers attain this realization of their true nature which is formless Brahman.

Another significant teaching of the Waraha Upanishad is the idea of Maya, the illusory power of Brahman that creates, sustains, and dissolves the material universe. According to the Upanishad, Maya is responsible for the dualities and the suffering that we experience in life, as well as the sense of separation between the self and the divine. To overcome the influence of Maya, it suggests, one must cultivate detachment, discrimination, and devotion to the supreme reality which is Brahman.

The Waraha Upanishad also touches upon various other philosophical and spiritual topics, including the nature of time and space, the process of creation and dissolution, the role of the gods and goddesses, and the path of karma yoga. Throughout the dialogue, according to the story, Bhudevi poses insightful questions to Varaha, and the boar-headed deity responds with profound wisdom and compassion, making the Upanishad a rich resource for truth seekers of all backgrounds and traditions.

In summary, the Waraha Upanishad is a gem of ancient Indian wisdom that offers a comprehensive and insightful exploration of the nature of the universe, the self, and the ultimate reality. The Brahman, being a formless nature, is free from form. Waraha Upanishad teachings on Brahman, Atman, Maya, and the spiritual path provide a roadmap for spiritual truth seekers to attain the highest goal of human life: self-realization or moksha enlightenment...

# Karma & Biblical Concept of Sowing & Reaping.

Karma, a Sanskrit term, is a spiritual doctrine originating from Indian religions such as Hinduism, Buddhism, Jainism, and Sikhism. It is the idea that every action a person performs in their life, whether good or bad, will have a corresponding effect on their future.

In the Christian faith, a similar doctrine is found in the Bible, specifically in the book of Galatians. The apostle Paul writes, "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" (Galatians 6:7, King James Version). This verse encapsulates the biblical concept of sowing and reaping, which, like karma, suggests that our actions have consequences in the future.

The metaphor of sowing and reaping is an agricultural one. A farmer who plants seeds of a particular crop expects to harvest the same kind of crop. If a farmer sows wheat, he does not expect to reap barley. Similarly, our actions, words, and thoughts are like seeds that we sow in the field of life or existence. The harvest we reap will depend on the quality of the seeds we sow.

In the biblical context, sowing and reaping can be understood in two ways. First way is, our actions can bring about positive or negative consequences in our earthly life. For instance, a person who is kind and generous may find that others are more likely to be kind and generous to them in return. Conversely, a person who is consistently dishonest may find that others are reluctant to trust them.

Second way is, the doctrine of sowing and reaping is tied to the Christian belief in an afterlife and the judgment of God. The Bible teaches that God will judge each person according to their deeds, and the consequences of our actions will extend beyond our earthly life.

Both the doctrine of karma and the biblical text of sowing and reaping imply that our actions have consequences, and we will inevitably experience the effects of the actions we perform. This is a powerful reminder of the importance of our choices and the need to strive for integrity, loving-kindness, and compassion in our interactions with others.

However, as we can see, there is also a significant difference between the two doctrines. Additionally, karma involves a cycle of rebirth, many future lives, while the Christian faith teaches that we will each live one earthly life, followed by eternal life in heaven or hell.

The doctrine of karma and the biblical principle of sowing and reaping both serve as a moral compass, guiding us to make decisions that are beneficial not only to us but also to others. They remind us that our actions, no matter how small, can have a significant impact on our lives and the lives of those around us, in this life and in our future lives. In the end, it is not about the terminology we use or the religious or philosophical framework in which we understand this fact. It is about recognizing the profound truth that our actions matter, and striving to live lives that are characterized by wisdom, integrity, and compassion...

## **Reincarnation and the Bible.**

Reincarnation, the doctrine that the soul, spirit, mind or consciousness, after biological death, begins a new life in a new body, is a tenet found in various religious and philosophical traditions, including Hinduism, Buddhism, Jainism, and some forms of New Age spirituality. The doctrine of reincarnation, however, is not explicitly mentioned in the Bible, the sacred text of the Christian faith.

This writing aims to explore the science of reincarnation and its relationship, or lack thereof, with the Bible, shedding light on the different perspectives and interpretations that surround this intriguing topic.

Reincarnation is rooted in the doctrine that the soul, mind or consciousness moves to another birth and that earthly life is but a temporary phase in the soul's journey. The actions performed in one's earthly life, according to this doctrine, have consequences that extend beyond biological death and into the next life or lives. This doctrine is closely tied to the doctrine of karma, which suggests that every action a person performs by body, speech, and thoughts will have a corresponding effect on their future.

The Bible, while not mentioning reincarnation, does speak about the afterlife. In the Christian faith, it is believed that each person will live one earthly life, followed by eternal life in either heaven or hell. This belief is grounded in the concept of the resurrection of the dead, which suggests that, at the end of time, the bodies of the dead will be restored to life and reunited with their souls. The concept of the resurrection of the dead is central to the Christian faith and is based on the belief in the resurrection of Jesus Christ. The Bible teaches that, just as Christ was raised from the dead, so too will the bodies of the dead be raised and restored to life.

Reincarnation and the Bible: Different Perspectives:

The absence of reincarnation in the Bible has led to different perspectives and interpretations. Some argue that the silence of the Bible on the matter implies that reincarnation is not a part of God's plan for humanity. Also, the existence of an almighty god who controls the universe is a topic of ongoing debate and discussion, with various viewpoints and arguments presented. However, some people suggest that the doctrine of reincarnation is not

incompatible with the Bible and that it can be understood as a metaphorical process of spiritual growth and transformation.

For instance, some Christians interpret the fact of being "born again" as a form of spiritual reincarnation, where a person, through their faith in Christ, experiences a profound transformation and begins a new life in the spirit. They say like that.

In summary, finding the truth is hard and the topic of reincarnation and its relationship with the Bible is a complex and multifaceted topic that invites us to delve deeper into our understanding of the afterlife, the nature of the soul or consciousness, and the meaning of our existence...

## **Miraculous Feat of Jesus Christ.**

The story of Jesus Christ walking on water is one of the most iconic and well-known narratives in the New Testament of the Bible. This miraculous event, recounted in the Gospels of Matthew, Mark, and John, not only showcases Jesus' divine power but also offers profound spiritual lessons about faith, trust, and the nature of God.

The story of Jesus walking on water is set in the context of Jesus' ministry in Galilee. After a long day of teaching and healing, Jesus sent His disciples ahead of Him in a boat while He stayed behind to pray. As the disciples were rowing across the Sea of Galilee, a storm arose, and the waves began to batter the boat.

In the midst of the storm, Jesus appeared, walking on the water towards the boat. The disciples, terrified, thought they were seeing a ghost. But Jesus

reassured them, saying, "Take courage! It is I. Don't be afraid" (Matthew 14:27, New International Version).

Peter, one of the disciples, asked Jesus to command him to come to Him on the water. Jesus agreed, and Peter stepped out of the boat and began to walk on the water. But when he saw the wind and the waves, he became afraid and began to sink. Jesus immediately reached out His hand and caught him.

The miracle of Jesus walking on water is a powerful demonstration of His divine nature. By defying the laws of physics and walking on water, Jesus showed that He was not bound by the limitations of the natural world. This miracle serves as a sign of His divine authority and power. Moreover, this story offers profound spiritual lessons. It teaches us about the importance of faith and trust in God.

The story of Jesus walking on water is more than just a miraculous event. It is a profound reminder of Jesus' divine nature and a powerful lesson about faith and capabilities of human mind. In the end, the story of Jesus walking on water is not just about a miraculous feat performed by a divine figure. It is about the transformative power of human mind and the assurance that we can walk on water if we really want to do it...

## **Buddha's Practical Advice on Belief and Discernment.**

It is often difficult to discern the truthfulness or falsehood of various religions, philosophies, facts, doctrines, ideas, and concepts for several reasons:

1. **Bias and Preconceptions:** People often have biases and preconceptions that can cloud their judgment and prevent them from objectively evaluating information.
2. **Complexity:** Many religions, philosophies, doctrines, facts, concepts and ideas are complex and can be difficult to fully understand. This can make it challenging to evaluate their truthfulness or falsehood.
3. **Lack of Evidence:** Some religions, philosophies, doctrines, facts, concepts and ideas are not based on empirical evidence, making it difficult to determine their validity.
4. **Cultural and Historical Differences:** The truthfulness or falsehood of a religion or philosophy or anything can be influenced by cultural and historical factors, making it difficult for people from different backgrounds to evaluate them.
5. **Language and Terminology:** The use of technical or abstract language and terminology can make it difficult for people to understand and evaluate the information.
6. **Emotional Appeal:** Some religions, philosophies, doctrines, facts, concepts and ideas can be emotionally appealing, making it difficult for people to objectively evaluate them.

These challenges can make it difficult for people to determine the truthfulness or falsehood of various religions, philosophies, doctrines, facts, concepts and ideas. However, by doing experiments, using critical thinking, seeking out diverse perspectives, analyzing information and being open to new information, one can increase their ability to discern the truth.

The Kalama Sutra, a revered text in the Buddhist tradition, offers a profound and practical approach to the question of belief. In this sutra, the Buddha, in response to the Kalamas' uncertainty about the conflicting teachings of various spiritual teachers, provides a set of guidelines for discerning the truth and for cultivating a wise and compassionate approach to life.



The Kalama Sutra is set in the context of the Kalamas, a group of people who lived in the ancient Indian town of Kesaputta. The Kalamas people were exposed to the teachings of various spiritual teachers and philosophers, and they were unsure about who was speaking the truth and who was not. They approached the Buddha and asked, "Which of these respected religious teachers and thinkers are telling the truth, and which ones are lying?"

The Buddha's response to the Kalamas' question is a powerful affirmation of the importance of personal discernment, doing experiments and critical thinking. He encourages the Kalamas not to blindly accept or reject any teaching, but to carefully examine it and to determine its truth and value for themselves.

The Buddha outlines a set of guidelines for discerning the truth. He advises the Kalamas not to go by because others say so, by legends or traditions, by because said this happened like this, by books or scriptures, by because it fits the logic, by because it fits the famous method, by thinking vaguely perhaps this too can be true, by agreement through pondering views, by because it looks correct, or by the thought, 'This is a respectable man' or 'This person is our teacher.'

Instead, the Buddha encourages the Kalamas to base their beliefs and actions on their own personal experience and understanding guided by the wise guidelines. He advises them to carefully examine the effects of their actions and to determine whether they lead to harm and suffering or to well-being and happiness. If an action was based on greed, hate, or lack of intelligence, it would lead to harm and suffering. Therefore, it should be abandoned. On the other hand, if an action was based on the absence of greed, hate, and lack of intelligence, it would lead to benefit and happiness. Therefore, it should be accepted and practiced. Buddha told them to look at the results of actions.

The Buddha's Practical Advice: Cultivating Skillful Qualities:

The Buddha's advice to the Kalamas is not merely theoretical or philosophical. It is also deeply practical and is aimed at helping the Kalamas people cultivate a wise and compassionate approach to life.

The Buddha encourages the Kalamas people to abandon unskillful qualities, such as greed, hatred, and delusion, and to cultivate skillful qualities, such as generosity, loving-kindness, and wisdom. He advises them to base their beliefs and actions on these skillful qualities and to determine for themselves whether they lead to well-being and happiness. Buddha advised them to consider the consequences of actions done according to the teachings of those religious teachers and philosophers.

Buddha's guidelines for finding out the truth were; not to go by because others say so, by legends or traditions, by because said this happened like this, by books or scriptures, by because it fits the logic, by because it fits the famous method, by thinking vaguely perhaps this too can be true, by agreement through pondering views, by because it looks correct, or by the thought, 'This is a respectable man' or 'This person is our teacher.'

We can recognize that the Kalama Sutra mentioned in ancient Buddhist scriptures provides a set of principles that can be used to find out the truth about anything. Here's how:

- 1) Do not rely on hearsay, tradition, or authority: The first principle of the Kalama Sutra is to question everything and not to blindly accept something just because it has been said by many people, is in scriptures or books, is a tradition, or has been stated by an authority figure such as your teacher or an elder or a powerful person.
- 2) Investigate and examine: The second principle is to investigate and examine the matter by yourself. This means to look carefully at the evidence, consider different perspectives, do experiments and use critical thinking to evaluate the information.
- 3) Seek the advice of the wise: The third principle is to seek the advice of people who are wise and specially knowledgeable about the subject. This can help you gain a deeper understanding and evaluate the information more effectively.
- 4) Consider the consequences: The fourth principle is to consider the consequences of the information or action. If it leads to harm or suffering, then it is not true or right.

5) Test it in practice: The fifth principle is to test the information or action in practice. Do experiments. This means to try it out and see if it works or not. If it does not work, then it is not true or right.

By following these principles, one can evaluate information and actions in an unbiased and critical manner, leading to a greater understanding of the real truth.

The Kalama Sutra provides a set of guidelines that can be used to find out the truth about anything. According to the Buddha's teachings in the sutra, one should not blindly accept or reject any information or belief, but instead, should critically examine it based on its own merits. This Buddhist Kalama Sutra is a profound and practical text that offers a powerful approach to the question of belief. It encourages us to base our beliefs and actions on our own personal experience, experiments and understanding and to cultivate a wise approach to life.

Buddha gave freedom to his disciples on discerning the truth by encouraging them to question and investigate his teachings for themselves. He did not want his disciples to blindly accept his teachings, but rather to understand them through their own experience and reflection. In the Kalama Sutta, Buddha advised the people of Kalama to not blindly accept the teachings of any religious or spiritual leader, including himself. He encouraged them to question and investigate the teachings, and to only accept them if they found them to be true and beneficial.

In the end, the Kalama Sutra is not just about the question of belief. It is about the importance of personal discernment, critical thinking, using our intelligence and the cultivation of skillful qualities. It is about the transformative power of wisdom and compassion and the assurance that, by following the Buddha's advice, we can lead lives that are characterized by well-being, happiness, wisdom and peace...

# Importance of Wholehearted Meditation

## Practice.

Whatever we do, we should do it wholeheartedly.

Meditation is a powerful tool for cultivating mindfulness, concentration of the mind, and inner peace. However, in order to fully reap the benefits of meditation, it is important to practice wholeheartedly, consistently, and to abandon inappropriate conditions that can hinder progress.

### Inappropriate Residence:

The first inappropriate condition that a meditation practitioner should abandon is an inappropriate residence. This means avoiding places that are not calm and that can be harmful to practicing concentration. A calm and quiet environment is essential for meditation, as it allows the mind to settle and focus more easily. Additionally, a safe and comfortable living space can help to reduce stress and anxiety, making it easier to cultivate inner peace.

### Inappropriate Talks:

The second inappropriate condition to abandon is inappropriate talks. This means avoiding all unnecessary and harmful talks that can be harmful to concentration. Engaging in idle gossip, negative conversations, or other forms of unskillful speech can distract the mind and create negative mental states. By avoiding such conversations and instead engaging in skillful and uplifting speech, a meditation practitioner can cultivate a more positive and focused mind.

### Inappropriate Persons:

The third inappropriate condition to abandon is association with inappropriate persons. This means avoiding people who do not support practicing concentration meditations or who are harmful to the

concentration and spiritual practices. The people we surround ourselves with can have a significant impact on our mental and emotional well-being. By associating with people who are supportive, positive, and uplifting, a meditation practitioner can create a more conducive environment for inner growth and development.

#### Inappropriate Foods:

The fourth inappropriate condition to abandon is inappropriate foods and drinks. This means avoiding foods and drinks that are either unhealthy for the body or that can disturb the concentration. A healthy and balanced diet is essential for maintaining good physical and mental health. Additionally, certain foods and drinks, such as caffeine and liquor, can disrupt the concentration and create restlessness and sleepiness in the mind. By avoiding such foods or drinks and instead consuming a healthy and balanced diet, a meditation practitioner can create a more conducive environment for inner growth and development.

Cultivating a daily meditation practice with unwavering dedication and steadfastness is of utmost importance. As we root ourselves in this sacred action of doing meditation or concentration of the mind, we open ourselves to a myriad of benefits that nourish our mind, body, and soul. With each passing day, we deepen our practice, transcend obstacles, and unlock the profound beauty and serenity that lies within.

In summary, in order to fully reap the benefits of meditation, it is important to practice wholeheartedly and to abandon inappropriate conditions that can hinder progress. By avoiding inappropriate residences, talks, persons, foods, and drinks a meditation practitioner can create a more conducive environment for inner growth and development, and can more easily cultivate mindfulness, concentration of the mind, and inner peace...

# Children Who Remember Past Lives.

Nature is hard to understand. Reincarnation is a belief that has been held by many cultures and religions throughout history. It is the idea that the soul or consciousness of a person can be reborn into a new body after death. While this belief or doctrine is widely accepted in some parts of the world, such as India and Tibet, it is often met with skepticism in the West and Western people. However, there have been some intriguing cases of children in the West, who have spontaneously recalled detailed memories of past lives.

One of the most well-documented cases of a child in the USA who remembered a past life is that of James Leininger. James was born in 1998 and grew up in a small town in Louisiana, USA. From a very young age, James was obsessed with planes and World War II. When he was two years old, he started having nightmares about a plane crash and would scream, "Airplane crash on fire! Little man can't get out!" James's parents were initially dismissive of his nightmares and assumed they were just a result of his love of planes.

However, as James grew older, his memories of a past life became more detailed and specific. He claimed to have been a pilot named James Huston Jr. who was shot down and killed during the Battle of Iwo Jima in 1945. James was able to provide numerous details about his past life that were later verified through historical records, including the name of the ship he was stationed on, the names of his fellow pilots, and the type of plane he flew. Investigations by researchers revealed that the details he provided matched the life of James Huston, a pilot who had died in 1945.

James's case is not unique. In the western countries, there have been several other cases of children who have spontaneously recalled memories of past lives. The case of Gus Taylor, from the United States, is a well-known instance of a child claiming to remember a past life as his own grandfather, Augie. Gus

started referring to his grandfather as "Augie" and mentioning specific details about his life when he was around 18 months old. These details included knowledge of family incidents, such as Augie fixing a flat tire and a unique nickname he used for his father, as well as personal habits and interactions with family members.

One of the most compelling pieces of evidence was when Gus talked about his sister and mentioned that Augie's sister had been murdered and her body was found in a river, a closely guarded family secret that had never been discussed in front of Gus. Gus also recognized his grandfather in family photographs and displayed similarities in behavior and personality to Augie.

Researchers and family members conducted detailed interviews and observations to document Gus's statements and behaviors, which were compared with known facts about Augie's life. The case was also compared with other instances of past-life memories, noting common patterns such as early age of memory recall and detailed personal knowledge. Researchers found details he provided to be accurate.

Gus's case was investigated by Dr. Jim Tucker, a psychiatrist at the University of Virginia who specializes in the study of reincarnation. Dr. Tucker was able to verify many of the details that Gus had provided about her past life, including the fact that she had a daughter named Laura who was still alive. Laura was able to confirm that her mother's name was Minnie and that she had lived in the same area of the country where Gus was born.

Also, in 1957, British sisters Joanna and Jacqueline Pollock died in a car accident. Two years later, their mother, Florence Pollock, gave birth to twin daughters, Jennifer and Gillian. The twins exhibited behaviors and preferences that closely resembled those of their deceased sisters, and they reportedly made statements about events, people, and places from their lives.

Another fascinating case is that of Ryan Hammons, who at the age of four, began having vivid memories of a life he had lived in Hollywood in the 1930s. Ryan is from Oklahoma. Ryan was able to recall details such as the name of his agent, the type of car he drove, and even the address of his home. His

parents were initially skeptical, but after conducting their own research, they were able to verify many of the details that Ryan had mentioned. Ryan provided detailed descriptions of places and people, including a specific reference to a man named Marty Martin. Research of reincarnation scientists confirmed that Martin was a lesser-known actor and agent, and many of the details Ryan recalled about his life were accurate. Ryan's case was even featured on the popular television show, "20/20."

Here's another intriguing instance involving an individual from Scotland. Cameron Macaulay, from Glasgow, Scotland, started speaking about his past life on the Isle of Barra when he was around two years old. He frequently talked about his "other family" and the white house overlooking the sea and that planes would fly overhead. Cameron also mentioned specific details about his previous family members, including their names and a black and white dog. He also mentioned specific details about the house's interior, such as the presence of three bathrooms and a large garden. He spoke even how he died. Cameron stated that he had passed away as a result of falling, either through a hole or down a hill. He was adamant that this fall had caused his death.

To verify Cameron's claims, his family, along with a documentary crew, arranged a trip to Barra when Cameron was six years old. They discovered a white house accurately matching Cameron's descriptions, and the interior layout and multiple bathrooms were consistent with his memories. The house overlooked the sea and was located near the airport, consistent with Cameron's memories of planes flying overhead. Local residents and historical records were checked, but finding direct evidence of a past family with all the details Cameron provided proved challenging. However, Cameron showed a strong emotional connection to the place, reinforcing the authenticity of his memories.

Cameron's story was featured in the documentary "The Boy Who Lived Before," and his case has been analyzed by reincarnation researchers interested in past-life memories. Accuracy of his memories about the house and surroundings made it a compelling case in the study of reincarnation and past-life memories.



Another great rebirth case was Omm Sety reincarnation case. Dorothy Eady, also known as Omm Sety, is a well-known case of past life memories. She was born in London in 1904 and suffered a severe fall at age three, which left her in a coma. After recovering, she began exhibiting strange behaviors and claimed to have memories of a previous life in ancient Egypt. She described a temple and a garden that she had lived in, and her "real home" as a place far from England and long ago.

Dorothy claimed to be the reincarnation of Bentreshyt, a priestess and temple maiden in the Temple of Seti I at Abydos during the reign of Seti I. She recounted her life story, describing herself as the daughter of a soldier and a vegetable seller, who was dedicated to the temple at a young age. She detailed daily life, religious practices, and the layout of the temple and its surroundings. She also claimed to have had a romantic relationship with Pharaoh Seti I, which led to her becoming pregnant and choosing to take her own life.

In 1933, Dorothy moved to Egypt and began working with Egyptologists. Her extensive and accurate knowledge of ancient Egyptian culture, language, and practices soon gained attention. She lived in Cairo and then Abydos, where she took the name Omm Sety, meaning "Mother of Sety" (her son). Dorothy's most remarkable contributions were related to the Temple of Seti I at Abydos. She demonstrated extensive and precise knowledge of the temple's structure, including areas that were unexcavated at the time. She accurately described hidden chambers and specific details about the temple's layout and decorations, many of which were confirmed during subsequent archaeological excavations.

Dorothy's descriptions of the Temple of Seti I, which included previously unknown details, were later confirmed through archaeological excavations. She identified specific elements and areas of the temple that had not yet been uncovered, and these discoveries matched her descriptions. Her knowledge of ancient Egyptian customs, language, and religious practices was exceptionally accurate, and she provided insights into the daily life of ancient Egyptians that were not well-documented and were often later supported by archaeological findings and historical research.

Dorothy Eady wrote several writings and contributed to books about ancient Egypt. Her autobiography, "Omm Sety's Egypt," co-written with Hanny El Zeini, details her life and memories. Her life has been the subject of numerous documentaries, highlighting her contributions to Egyptology and her remarkable case of past life memories. Dorothy Eady's case remains one of the most compelling and well-documented instances of past life memories, and her life and work continue to be a source of fascination and study for both Egyptologists and those interested in the mysteries of consciousness and past lives.

There is another notable case of reincarnation. Jenny Cockell, an English woman, experienced vivid dreams and memories of a past life when she was just a young child. She recalled various aspects of her life as a woman named Mary Sutton in Ireland, including the layout of the village, her family members' names and characteristics, and personal experiences and events, including her own death. As an adult, Jenny decided to investigate her memories and eventually identified a village that matched her memories. She located Mary Sutton's surviving children and shared her memories, providing specific details that were not publicly known. Mary's children were initially skeptical but became convinced as Jenny provided accurate details about their family and childhood. Further research into historical records, including birth and death certificates, corroborated Jenny's memories. The accuracy of Jenny's memories was notable, and her case provides strong evidence for the possibility of reincarnation and suggests that past life memories can persist and be recalled with considerable accuracy. Jenny documented her experiences in her book, "Yesterday's Children: The Extraordinary Search for My Past Life Family," and her story has been featured in various documentaries and television programs.

Another rebirth case comes from a Sweden woman. Barbro Karlen, a Swedish woman born in 1954, has claimed to be the reincarnation of Anne Frank, the Jewish girl who gained fame posthumously for her diary detailing her life in hiding during the Holocaust. Barbro's case is noteworthy due to the specificity and accuracy of her memories about Anne Frank's life and the secret annex where Anne and her family hid from the Nazis. From a very young age, Barbro had vivid memories of a different life, which was her own past life. By the age of two, she started speaking about having another family

and a different home, identifying herself as "Anne" and insisting that her real name was Anne Frank.

Barbro described the secret annex in detail, including its layout, rooms, and hiding places, even though she had never visited the house in Amsterdam. She recalled names and relationships of the people in Anne's life, including her family members and the people who helped them while they were in hiding. Barbro also spoke about specific incidents that took place in the annex, including daily routines, the fear of being discovered, and specific interactions with other people in hiding. When Barbro was ten years old, her parents took her to Amsterdam. She had never been there before, yet she recognized landmarks and directed her parents to the Anne Frank House without any guidance. Once at the Anne Frank House, Barbro identified rooms and objects correctly, despite never having seen them before. Her familiarity with the house and her emotional reactions were striking.

Barbro's memories included details that were not widely known at the time, which were later confirmed through historical research and accounts from survivors. Her family corroborated her early claims and the specificity of her memories. They were particularly struck by the accuracy of her knowledge about Anne Frank's life and experiences. Barbro Karlen has written about her experiences and memories in her autobiography "And the Wolves Howled: Fragments of Two Lifetimes," where she details her past life memories and the validation she received. Her story has been featured in various interviews and documentaries, where experts have discussed the veracity and implications of her claims.

Various psychologists and reincarnation researchers have studied her case, noting the consistency and depth of her memories. They found her knowledge and emotional connections to be beyond what could be explained by ordinary means. Experts on Anne Frank's life and the Holocaust have acknowledged the accuracy of Barbro's detailed memories about Anne's life and the annex.

Barbro Karlen's case is one of the more compelling examples of past life memories due to the specific historical context and the detailed nature of her recollections. Her familiarity with Anne Frank's life, the secret annex, and the

emotional experiences connected to that time period provide a strong argument for the possibility of reincarnation. Her story continues to be a subject of interest and study, contributing to the broader exploration of past life memories and their implications.

Also, in the 1950s, Virginia Tighe, an American housewife, underwent hypnosis therapy with Morey Bernstein, a businessman with an interest in reincarnation doctrine. Under hypnosis, Virginia began speaking with an Irish accent and claimed to be a woman named Bridey Murphy from 19th-century Ireland. She provided detailed memories of Bridey's life, family, and experiences.

In addition to these well-known cases, there have been numerous other children in the western countries who have been able to recall details of their past lives. Dr. Jim Tucker, a psychiatrist at the University of Virginia, has been researching these cases for over 20 years and has documented over 2,500 cases of children who have remembered past lives. In many of these cases, the children are able to recall specific details that are later verified through research and investigation.

For individuals keen on delving into western cases of reincarnation, "European Cases of the Reincarnation Type" book by Ian Stevenson presents an exceptional opportunity. Dr. Ian Stevenson, a distinguished psychiatrist and researcher, devoted a significant portion of his career to investigating cases suggestive of reincarnation. Within the pages of this book, Dr. Stevenson meticulously recounts detailed narratives of European cases where individuals have recounted memories from past lives. The book examines 40 European cases and includes a section on the belief in reincarnation among Europeans.

Rebirth cases like those of James Leininger and Gus Taylor are intriguing and raise important questions about the nature of consciousness and the possibility of reincarnation. They do suggest that there may be more to the human experience than we currently understand.

Western parents may have doubts about reincarnation and memories of past lives due to various reasons:

1. **Religious and Cultural Influences:** In Western cultures, many dominant religions, such as Judeo-Christian traditions, do not include the doctrine of reincarnation or past lives. Instead, they believe in a single lifetime followed by an afterlife or judgment. This can make parents skeptical of ideas that contradict their religious beliefs.
2. **Materialistic Perspective:** Western societies place a strong emphasis on materialistic scientific reasoning, logic and empirical evidence. Reincarnation and past life memories are often seen as lacking empirical evidence and not easily explained by materialistic scientific principles. This lack of materialistic scientific validation and inability to prove by logic can lead to skepticism.
3. **Psychological Explanations:** Some materialistic psychologists and skeptics offer alternative explanations for past-life memories, such as cryptomnesia, confabulation, or suggestibility. Parents may be more likely to accept these various materialistic psychological explanations over supernatural or metaphysical ones that cannot be proven by logic.
4. **Social Stigma:** In Western societies, belief in reincarnation and past lives may be viewed as unconventional and carry social stigma. Parents may hesitate to consider such beliefs due to concerns about societal judgment or social ostracism.
5. **Complex nature:** Due to complex nature of nature that needs a super intelligence to understand true natures that are not visible to the eye and not knowable through our bodily senses.

Skepticism about reincarnation and memories of past lives among Western parents is shaped by a combination of cultural, religious, materialistic, intelligence and personal factors. While some individuals may remain skeptical, others may be more open to exploring the true nature.

Here are some books that provide insights into reincarnation and children who remember past lives:

1. "Twenty Cases Suggestive of Reincarnation" by Ian Stevenson
2. "Children Who Have Lived Before: Reincarnation Today" by Trutz Hardo
3. "Return to Life: Extraordinary Cases of Children Who Remember Past Lives" by Jim B. Tucker
4. "Life Before Life: Children's Memories of Previous Lives" by Jim B. Tucker

5. "Past Lives, Future Lives Revealed" by Bruce Goldberg
6. "Journey of Souls: Case Studies of Life Between Lives" by Michael Newton
7. "Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives" by Brian L. Weiss

These books offer various perspectives on reincarnation and children who remember past lives, providing valuable insights and thought-provoking narratives for readers to explore.

The cases of children in the western countries who have spontaneously recalled memories of past lives are intriguing and offer a glimpse into the possibility of reincarnation. As more cases are documented and investigated, we may gain a deeper understanding of this fascinating phenomenon and the true nature of consciousness itself...

## **The importance of satisfaction and having no desire.**

The importance of satisfaction and having no desire at all is a central doctrine in many spiritual and philosophical traditions, including Buddhism and Stoicism.

Satisfaction refers to a state of contentment and fulfillment, where one is at peace with what they have and is not constantly striving for more. This does not mean that one should not have goals or aspirations, but rather that they should be able to find happiness and satisfaction in the present moment,

without being dependent on too much external factors such as wealth, status, or material possessions. Despite our best efforts, if we receive something small, it is better to be satisfied than to be sad and risk self-harm, such as suicide.

Having no desire at all, on the other hand, is a more radical doctrine related to liberation and that suggests that the root of suffering and dissatisfaction is our attachment to and craving for things that are inherently impermanent and uncertain. By letting go of our desires and cultivating a sense of non-attachment, we can find a deeper and more lasting form of peace and happiness.

In Buddhism, the "nirvana" refers to a state of liberation and enlightenment, where one has transcended the cycle of desire, attachment, and suffering. The Four Noble Truths, which form the foundation of Buddhist teachings, suggest that the root of suffering is our attachment to and craving for things that are inherently impermanent and uncertain, and that the path to liberation involves letting go of all desires.

In Stoicism, the concept of "ataraxia" refers to a state of tranquility and serenity, where one is not disturbed by external factors such as wealth, status, or material possessions. The Stoics believed that the root of suffering and dissatisfaction is our attachment to and craving for things that are outside of our control, and that the path to ataraxia involves cultivating a sense of detachment, acceptance, and virtue.

In both that spiritual traditions, the importance of satisfaction and having no desire at all is seen as a way to find a deeper and more lasting form of peace and happiness, one that is not dependent on external factors and is rooted in a sense of inner wisdom, and transcendence. By cultivating a sense of contentment and non-attachment, we can find a sense of freedom from the cycle of desire and suffering, and live a life that is more fulfilling, meaningful, and joyful...

# What is Stoicism?

Stoicism is a philosophical tradition that originated in ancient Greece and Rome, and has since influenced a wide range of thinkers and spiritual traditions. The central teachings of Stoicism revolve around the cultivation of virtue, wisdom, and resilience in the face of life's challenges and uncertainties.

At the heart of Stoicism is the idea that we cannot control everything that happens to us, but we can control how we respond to it. This means cultivating a sense of detachment and acceptance, and focusing our energy and attention on the things that are within our control.

One of the key practices of Stoicism is the cultivation of wisdom and discernment. This involves developing a deep understanding of the nature of reality, and recognizing that many of our thoughts and emotions are based on false or distorted perceptions. By cultivating a more accurate and nuanced understanding of the world, we can make better decisions, avoid unnecessary suffering, and live a life that is more fulfilling and meaningful.

Another important aspect of Stoicism is the cultivation of virtue and character. This involves developing qualities such as courage, integrity, and compassion, and living a life that is guided by a strong sense of purpose and values. The Stoics believed that the ultimate goal of life was to live in accordance with nature and reason, and to cultivate a sense of inner peace and harmony.

One of the most famous Stoic philosophers was Seneca, who was a prominent writer and statesman in ancient Rome. Seneca's writings on topics such as ethics, psychology, and politics have influenced a wide range of thinkers and spiritual traditions, and continue to be studied and appreciated today.



Another important Stoic philosopher was Marcus Aurelius, who was the emperor of Rome in the 2nd century AD. Marcus Aurelius's writings, which are collected in a book called "Meditations," are a powerful and inspiring exploration of the Stoic tradition, and offer practical advice and guidance for living a life of virtue, wisdom, and resilience.

In recent years, there has been a resurgence of interest in Stoicism, and many people have found its teachings and practices to be helpful and transformative. Stoicism has been embraced by a wide range of individuals, including athletes, entrepreneurs, and military personnel, who have found its emphasis on resilience and mental toughness to be particularly valuable.

In summary, Stoicism is a rich and powerful philosophical tradition that offers practical advice and guidance for living a life of virtue, wisdom, and resilience. Its teachings and practices continue to be studied and appreciated by people from all walks of life, and offer a powerful and inspiring vision of what it means to live a fulfilling and meaningful life...

## **What is the Ultimate Truth?**

Throughout history, humans have sought to understand the nature of reality and the ultimate truth of existence. This quest has led to the development of a wide range of religious and philosophical traditions, each with its own unique beliefs, practices, and ideas about the ultimate truth.

In Hinduism, for example, the ultimate truth is seen as Brahman, the infinite, formless and eternal reality that underlies all of creation. According to Hindu teachings, the ultimate goal of life is to realize one's true nature as Brahman,

and to achieve a state of liberation (moksha) from the cycle of birth and death.

In Buddhism, the ultimate truth is seen as the reality of suffering and the possibility of liberation from suffering. According to Buddhist teachings, the root cause of suffering is our attachment to and craving for things that are inherently impermanent and uncertain. In Buddhism, the ultimate goal of life is to achieve the liberation which is named "Nirvana", where one has transcended the cycle of suffering, rebirth and achieved a state of eternal peace and happiness. In essence, Nirvana represents the ultimate truth in Buddha's teachings.

In Sikhism, the ultimate truth is encapsulated in the concept of "Union with Waheguru," which involves realizing the oneness of God and achieving spiritual union with the Divine through devotion, selfless service, and living a truthful life. Waheguru, often referred to as the "Wondrous Teacher" or the "Enlightener," represents the transcendent and formless supreme being worshipped by Sikhs.

In Jainism, the ultimate truth is encapsulated in "Kevala Jnana," which represents attaining perfect knowledge and liberation from the cycle of birth and rebirth through strict adherence to non-violence (Ahimsa), truth (Satya), and asceticism (Tapas).

In Confucianism, the ultimate truth is embodied in "The Way of Heaven," which involves living a virtuous life in harmony with the principles of Ren (benevolence), Li (ritual propriety), and Yi (righteousness). This concept emphasizes the cultivation of moral character and ethical conduct in accordance with the cosmic order. By practicing Ren, individuals cultivate compassion and kindness towards others, fostering harmonious relationships within society. Li guides adherents to uphold proper behavior and etiquette in various social interactions, promoting harmony and respect. Yi encourages individuals to act with integrity, justice, and righteousness in all endeavors, ensuring moral rectitude and social harmony. Following the Way of Heaven allows individuals to fulfill their moral responsibilities, contribute to the well-being of society, and ultimately achieve spiritual fulfillment and harmony with the universe.

In Christianity, the ultimate truth is seen as the reality of God's love and the possibility of salvation through faith in Jesus Christ. According to Christian teachings, the ultimate goal of life is to enter into a loving and eternal relationship with God, and to live a life that is guided by the principles of love, compassion, and justice.

In Islam, the ultimate truth is seen as the reality of Allah's sovereignty and the possibility of salvation through submission to Allah's will. According to Islamic teachings, the ultimate goal of life is to enter into paradise (Jannah) and to live a life that is guided by the principles of faith, prayer, charity, and pilgrimage.

In Judaism, the ultimate truth lies in the "Covenant with God," which entails living in accordance with the Torah (the sacred scriptures) and maintaining a covenantal relationship with God. The covenant, established between God and the Jewish people, forms the foundation of Jewish faith and practice.

In Zoroastrianism, the ultimate truth is encapsulated in the concept of "Asha," which encompasses living in truth and righteousness in alignment with the divine order established by Ahura Mazda, the supreme god. Asha represents the cosmic order, truth, and righteousness, guiding followers to uphold moral integrity, maintain harmony with the universe, and fulfill their responsibilities within the framework of divine wisdom and goodness. By adhering to Asha, Zoroastrians strive to contribute positively to the world, combatting falsehood and promoting the principles of justice, virtue, and righteousness in all aspects of life.

In Shinto, the ultimate truth lies in "Harmony with Kami," which entails living in harmony with the kami, the spiritual beings or deities that inhabit the natural world, and maintaining purity and sincerity in all actions. This concept emphasizes reverence for nature and the divine presence within it. By cultivating a deep respect for the kami and their manifestations in natural phenomena, individuals strive to maintain harmonious relationships with the spiritual realm and the world around them. Central to Shinto practice is the purification of mind and spirit, as well as the observance of rituals and ceremonies to honor the kami and express gratitude for their blessings. By

living in harmony with the kami and upholding purity and sincerity in their actions, adherents seek to achieve spiritual enlightenment and establish a deep connection with the divine presence that permeates the universe.

In addition to these major religious traditions, there are many other philosophical and spiritual traditions that offer their own unique ideas about the ultimate truth. In Stoicism, for example, the ultimate truth is seen as the reality of reason and the possibility of achieving a state of inner peace and tranquility through the cultivation of virtue and wisdom. In Taoism, the ultimate truth is seen as the reality of the Tao, the mysterious and ineffable principle that underlies all of creation, and the ultimate goal of life is to live in harmony with the Tao and to achieve a state of effortless and spontaneous action.

Despite the many differences between these various religious and philosophical traditions, there are also many commonalities and points of convergence. Many of these traditions, for example, emphasize the importance of compassion, wisdom, and self-transcendence, and offer practical guidance and inspiration for living a life that is fulfilling, meaningful, and in alignment with the ultimate truth.

In summary, the quest for the ultimate truth is a universal and timeless human endeavor, and has led to the development of a rich and diverse array of religious and philosophical traditions. While each of these traditions offers its own unique beliefs, practices, and ideas about the ultimate truth, they also share many commonalities and points of convergence, and offer practical guidance and inspiration for living a life that is in alignment with the ultimate truth...

# Realm of Spirituality: A Journey Beyond the Physical.

Spirituality is a broad and multifaceted concept that has been a part of human culture and civilization for thousands of years. It is a journey of self-discovery, self-improvement, and self-transcendence, where one seeks to connect with a higher power, a divine consciousness, or a transcendental reality that is beyond the physical and materialistic world.

Spirituality is not necessarily the same as religion, although they are often closely related. While religion is a set of beliefs, practices, and rituals that are followed by a group of people, spirituality is a personal and subjective experience that is unique to each individual. It is a way of life that is guided by one's inner values, ethics, and morals, and is not bound by any external authority or dogma. Spirituality is realizing the true nature.

Spirituality can take many forms and expressions, depending on one's cultural, social, and personal background. It can be practiced through meditation, yoga, prayer, mindfulness, or any other activity that helps one to attain a state of inner peace, concentration, tranquility, and bliss.

One of the key aspects of spirituality is the recognition and acceptance of the interconnectedness of all things and the universe. It is the understanding that we are all part of a larger whole nature, and that our thoughts, words, and actions have an impact on the world around us. This sense of interconnectedness can lead to a greater sense of compassion, empathy, and altruism, as we realize the true nature.

Spirituality can also help one to cope with the challenges and difficulties of life. It can provide a sense of purpose and meaning, and can help one to find strength and resilience in the face of adversity. It can also help one to overcome negative emotions such as anger, fear, and anxiety, and to cultivate positive emotions such as love, joy, and gratitude.

The ultimate goal of spirituality is to attain a state of self-realization or enlightenment or liberation, where one transcends the limitations of the mind, pride, sins and the physical body, and realizes the true nature.

In summary, spirituality is a journey of self-discovery and self-transcendence, where one seeks to connect with a transcendental reality that is beyond the physical and materialistic world and attain the liberation. It is a way of life that is guided by one's inner values, ethics, and morals, and is not bound by any external authority or dogma. It can take many forms and expressions, and can help one to cope with the challenges and difficulties of life, and to attain a state of inner peace, pleasure, tranquility, and bliss...

## **Researchers in the United States Uncover Evidence of Past Lives.**

Reincarnation, the belief that the soul or consciousness is reborn into a new body after death, has been a part of many cultures and religions for thousands of years. While the doctrine of reincarnation is widely accepted in some parts of the world, it is often dismissed as mere superstition in the West. However, there are a growing number of scientists in the United States

who are exploring the possibility of reincarnation through rigorous research and investigation.

One of the most prominent reincarnation researchers in the United States is Dr. Jim Tucker, a psychiatrist at the University of Virginia. Dr. Tucker has spent over two decades studying cases of children who claim to remember past lives. He has documented over 2,500 cases of children who have spontaneously recalled detailed memories of past lives, often with verifiable facts that could not have been known through normal means.

Dr. Tucker's research has focused on children who begin talking about their past lives at a very young age, often around two or three years old. These children often have vivid memories of their past lives, including details about their families, homes, and even their deaths. In many cases, the children are able to provide specific details that can be verified through historical records or by contacting the families of the deceased individuals they claim to have been in their past lives.

Another prominent reincarnation researcher in the United States is Dr. Ian Stevenson, who was a professor of psychiatry at the University of Virginia until his death in 2007. Dr. Stevenson spent over 40 years investigating cases of children who claimed to remember past lives. He traveled to countries all over the world, including India, Lebanon, and Thailand, to document cases of children who remembered past lives. Also, his decades-long work on reincarnation included research in countries such as Burma (Myanmar), Turkey, Brazil, Canada, Germany, France, Japan, Sri Lanka, Vietnam, Burundi, the United States, England, Nigeria, Israel, and Syria. His investigations in Western Europe, including Germany, France, and England, were crucial for comparing the incidence and characteristics of past-life memories in cultures where reincarnation is not widely accepted, aiming to determine if these phenomena could be observed universally regardless of cultural and religious backgrounds.

Dr. Stevenson's research focused on the idea of reincarnation as a way to explain certain phenomena, such as birthmarks and birth defects, which he believed could be linked to past life traumas. He also studied cases of

xenoglossy, or the ability to speak a language that has not been learned in the current life, which he believed could be evidence of past life memories.

While the doctrine of reincarnation remains controversial in the scientific community, the work of researchers like Dr. Tucker and Dr. Stevenson has helped to shed light on the possibility of life after death. Their rigorous research and investigation has provided compelling evidence that suggests the existence of past lives and the continuation of consciousness beyond physical death.

As more scientists begin to explore the possibility of reincarnation, we may gain a deeper understanding of the nature of consciousness and the mysteries of the afterlife. While there is still much to learn, the work of reincarnation researchers in the United States and around the world is helping to push the boundaries of what we know about the human experience and the nature of reality itself.

In summary, the study of reincarnation is gaining momentum in the United States, with a growing number of scientists exploring the possibility of life after death through rigorous research and investigation. The work of reincarnation researchers like Dr. Jim Tucker and Dr. Ian Stevenson has provided compelling evidence that suggests the existence of past lives and the continuation of consciousness beyond physical death. As we continue to explore this fascinating and complex topic, we may gain a deeper understanding of the nature of consciousness and the mysteries of the afterlife...



# Power of Imagination: Unseen and Invisible.

The unseen and invisible aspects of our world, from the microscopic to the cosmic, have long captivated human curiosity. While intelligence and cognitive abilities play a crucial role in understanding these things, there is another powerful tool at our disposal: imagination. This writing delves into the role of imagination in helping us comprehend and explore the unseen and abstract.

Imagination, the ability to form mental images or concepts or theories or knowledge of what is not present to the senses, is a powerful tool in understanding the unseen. It allows us to visualize and conceptualize ideas that are otherwise intangible, making them more accessible to our minds.

Visualization, a key aspect of imagination, is particularly useful in understanding complex, unseen concepts, realities or natures. For instance, scientists and mathematicians often use visual aids and models to represent abstract ideas, such as the structure of an atom or the concept of infinity. These visualizations, born from imagination, help to break down complex ideas into more manageable, understandable parts.

Imagination also plays a crucial role in the exploration of the unseen. It allows us to speculate about what might be, to form hypotheses and theories, and to envision potential outcomes. In this way, imagination is a driving force behind scientific discovery and innovation. For example, the concept of black holes was initially a theoretical construct, imagined by scientists based on the laws of physics.

The power of imagination is not limited to the realms of science and mathematics. It is also a key component of creativity, allowing artists, writers, and musicians to explore and express the unseen and abstract. Through their work, they offer us glimpses into the intangible, inviting us to imagine and interpret in our own unique ways.

Given the importance of imagination in understanding and exploring the unseen events, things and natures, it is crucial that we cultivate this ability. This can be done through various means, such as engaging in creative activities, exposing oneself to diverse ideas and perspectives, learning, knowledge, developing wisdom and fostering a sense of curiosity and wonder.

Sherlock Holmes, a fictional character created by Arthur Conan Doyle, was known for his exceptional ability to solve crimes using his observation, deduction and imagination. He would use his imagination to form true knowledge about the crime and criminal based on the little evidence available. He would then gather more information through his observational skills and use deductive reasoning to test and refine his theories. For instance, in "A Scandal in Bohemia", Holmes deduces that the King of Bohemia wants to retrieve a compromising photo of himself with a woman, who is an opera singer, taken in a specific year. Holmes then devises a plan to retrieve the photo by disguising himself as a clergyman and tricking the woman. In "The Adventure of the Speckled Band", Holmes solves the mystery of a woman's death by using his imagination to theorize that a venomous snake, kept in her stepfather's lab, was the cause. He then gathers more information and uses deduction to confirm his theory. Holmes' ability to use his imagination to create theories or true knowledge and come up with innovative solutions was a crucial factor in his success as a detective.

In summary, imagination is a powerful tool in our quest to understand and explore the unseen and abstract. It allows us to visualize, conceptualize and understand intangible ideas, events or natures, to speculate and innovate, and to express and interpret the world in unique and meaningful ways. As we continue to grapple with the unseen, let us not forget the power of imagination and intelligence, for it is through these remarkable abilities that we can truly unveil the invisible...

## Intersection of Science and Philosophy.

The unseen and abstract aspects of our world have long been the subject of inquiry and contemplation. While science and philosophy may seem like distinct and separate disciplines, they often intersect and overlap in their quest to understand these elusive things. This writing explores the intersection of science and philosophy and how they collectively contribute to our understanding of the unseen and abstract.

Science, with its systematic and empirical approach, is a key tool in understanding the unseen and abstract. It allows us to observe, measure, and experiment with the world around us, even when the phenomena in question are not directly perceptible. For instance, while we cannot see atoms or subatomic particles, we can infer their existence and properties through scientific experiments and observations.

Moreover, science is continually pushing the boundaries of what is known and visible. With advancements in technology, such as the development of microscopes and telescopes, we are able to perceive and study aspects of the world that were once unseen and unreachable.

While science is concerned with the empirical and observable, philosophy delves into the abstract and conceptual. It seeks to understand fundamental questions about existence, reality, knowledge, ethics, virtue, subtle natures and more, often through logical reasoning or critical thinking or by other means.

Philosophy plays a crucial role in understanding the unseen and abstract by providing a framework for thought and inquiry. It helps us to question our assumptions, to consider alternative perspectives, and to grapple with complex, intangible ideas. For example, the philosophy of mind helps us to understand and explore the nature of consciousness and the mind-body problem, concepts or natures that are inherently unseen and abstract.

The intersection of science and philosophy is perhaps most evident in their shared pursuit of understanding the unseen and abstract natures. Both subjects, in their own unique ways, seek to unravel the mysteries of the world and to make sense of the intangible.

Moreover, the two subjects often inform and influence each other. Philosophical ideas and theories can guide and shape scientific inquiry, while scientific discoveries and advancements can challenge and reshape philosophical thought. For instance, the philosophical concept of atomism, proposed by ancient Greek philosophers, laid the groundwork for the modern scientific understanding of atoms.

In summary, the quest to understand the unseen and abstract is a collective endeavor, one that involves both science and philosophy. While they may approach the task from different angles, their shared pursuit and mutual influence underscore the importance of both subjects in our quest for knowledge and understanding. As we continue to explore and grapple with the unseen, let us not forget the power of this interdisciplinary approach, for it is through this collective effort that we can truly unravel the invisible and abstract...

# Limitations of Modern Science.

Modern science has made remarkable strides in understanding the world around us. However, it is important to recognize that science is not perfect and there are still many unknowns and limitations to our understanding.

The universe is a complex and dynamic system, with many interacting factors and natures that can be difficult to fully comprehend. Despite our best efforts, there are still phenomena that science cannot explain, and there are likely many more that we have yet to discover.

Here are some reasons why science is not perfect and why our understanding of the universe is limited:

1. Limitations of human knowledge and understanding: Material science is conducted by humans, and our knowledge and understanding are inherently limited. We may not have all the information or the right tools to fully explain certain phenomena.
2. Biases and errors: Materialistic scientists, like any other human beings, can be influenced by personal biases, preconceptions, or mistakes in their observations, experiments, or interpretations. This can lead to flawed or incomplete conclusions.
3. Uncertainty and probabilistic nature: Many scientific findings are based on probabilities and statistical analysis, rather than absolute certainties. This means that there is always some degree of uncertainty in scientific conclusions.
4. Changing nature of scientific knowledge: Scientific knowledge is constantly evolving as new discoveries are made and theories are refined or replaced. What is considered scientific fact today may be challenged or disproven in the future.

5. Limitations of scientific methods: The scientific method, while powerful, has its own limitations. Certain phenomena may not be easily observable or testable using the standard material scientific approach.
6. Funding and resource constraints: Scientific research often requires significant funding and resources, which can limit the scope and depth of investigations. Priorities and funding decisions can also influence the direction of scientific research.
7. Ethical and social considerations: Science can sometimes raise ethical and social concerns, such as the use of certain technologies or the potential impact of scientific discoveries on society.
8. Complexity of natural phenomena: Many natural phenomena are incredibly complex, with multiple interacting factors that can be difficult to fully understand and model. This complexity can limit the ability of science to provide complete and accurate explanations.
9. Lack of reproducibility: In some cases, scientific experiments or observations may not be easily reproducible, either due to the unique nature of the phenomenon or the difficulty in precisely replicating experimental conditions. This can undermine the reliability of scientific findings.
10. Influence of external factors: Science can be influenced by external factors, such as political, economic, or social pressures, which can shape the direction of research or the interpretation of results.

Despite these limitations, science remains the best tool we have for understanding the natural world and making informed decisions. However, it is crucial to approach scientific findings with a critical and open-minded attitude, acknowledging both the strengths and limitations of the scientific process.

As we continue to explore the universe and push the boundaries of our knowledge, we must also recognize the importance of humility and a willingness to question our assumptions. The universe is vast and mysterious, and there is still so much that we do not know...

# Importance of Wisdom in Modern Society.

In today's fast-paced, ever-changing world, it can be easy to get caught up in the pursuit of material success and to neglect the cultivation of wisdom and good character. However, the importance of wisdom in modern society cannot be overstated. In this writing, we will explore the reasons why wisdom is so essential in today's world and discuss some ways in which we can all strive to become a little bit wiser.

One of the primary reasons why wisdom is so important in modern society is the need for good decision-making. In a world that is increasingly complex and interconnected, the decisions that we make can have far-reaching consequences, both for ourselves and for others.

A wise person is one who is able to weigh the pros and cons of a situation, to consider the potential consequences of their actions, and to make a decision that is likely to lead to a positive outcome. In a world where the stakes are so high, the ability to make good decisions is more essential than ever.

Another reason why wisdom is so important in modern society is the importance of virtue and good character. In a world that is often characterized by selfishness, dishonesty, and corruption, the need for people of good character is more pressing than ever.

A wise person is one who is honest, just, compassionate, and humble, and who strives to do what is right, even in the face of adversity. By cultivating wisdom and good character, we can all help to create a world that is more just, more compassionate, and more honest.

Finally, the importance of wisdom in modern society can be understood in terms of the role that it plays in navigating change. In a world that is constantly evolving, the ability to adapt and to thrive in the face of change is more essential than ever.

A wise person is one who is able to understand the world around them, to anticipate the potential consequences of change, and to adapt their behavior and their thinking in order to thrive. By cultivating wisdom, we can all become better at navigating the changes and challenges that life throws our way.

In summary, the importance of wisdom in modern society cannot be overstated. In a world that is increasingly complex, interconnected, and ever-changing, the ability to make good decisions, to cultivate virtue and good character, and to navigate change is more essential than ever. By striving to acquire knowledge, to exercise good judgment and discernment, and to cultivate virtue and good character, we can all become wiser and more equipped to thrive in the modern world...

## **Understanding the Mind & its Connection to the After-Death World.**

The human mind is a complex and fascinating organ, responsible for our thoughts, emotions, and behaviors. While we have made significant progress in understanding the workings of the mind, there is still much that remains



unknown, particularly when it comes to the nature of consciousness and the possibility of an afterlife. In this writing, we will explore the importance of understanding the mind and its connection to the after-death world, as well as the various factors that influence the behavior of the mind.

One of the most important reasons for understanding the mind is to improve mental health. Mental health disorders, such as depression, anxiety, and bipolar disorder, affect millions of people worldwide and can have a devastating impact on individuals and their loved ones. By understanding the underlying causes of these disorders, as well as the various factors that contribute to mental well-being, we can develop more effective treatments and strategies for promoting mental health.

For example, research has shown that mindfulness meditation, which involves focusing on the present moment and cultivating an awareness and analyzing of one's thoughts and feelings according to Buddhist Vipassana techniques, can be an effective tool for reducing stress, anxiety, and depression. Similarly, cognitive-behavioral therapy, which involves identifying and challenging negative thought patterns and behaviors, has been shown to be effective in treating a wide range of mental health disorders.

Another reason for understanding the mind is to enhance cognitive abilities, such as memory, attention, and creativity. By studying the neural mechanisms that underlie these abilities, as well as the various factors that can influence them, we can develop strategies for improving cognitive performance and unlocking our full potential.

For example, research has shown that regular exercise, adequate sleep, and a healthy diet can all have a positive impact on cognitive function. Similarly, techniques such as mnemonic devices, visualization, and chunking can be used to improve memory and learning.

**Gaining a Deeper Understanding of Ourselves:**

Exploring the workings of the mind can also provide a deeper understanding of ourselves and our place in the world. By examining the thoughts, emotions, and behaviors that shape our experiences, we can gain insights

into our strengths, weaknesses, and values, and use this knowledge to live more fulfilling and meaningful lives.

For example, therapy, and self-reflection can all be used to gain a deeper understanding of oneself. By examining our thoughts and feelings in a non-judgmental way, we can identify patterns and beliefs that may be holding us back, and develop strategies for growth and transformation.

The question of what happens to consciousness after death is one that has puzzled philosophers, scientists, and spiritual seekers for centuries. By exploring the connection between the mind and the after-death world, we can gain a deeper understanding of the nature of consciousness and the possibility of an afterlife.

This exploration can take many forms, including the study of near-death experiences, the investigation of reincarnation, and the examination of spiritual traditions that emphasize the continuity of consciousness beyond physical death. While the evidence for an afterlife is far from conclusive, the possibility of such a reality has profound implications for our understanding of the nature of reality and the meaning of life.

Finally, understanding the behavior of the mind can provide insights into the nature of reality and the meaning of human life. By examining the ways in which the mind shapes our perceptions, beliefs, and actions, we can gain a deeper understanding of the interconnectedness of all things and the role that we play in the unfolding of the universe.

For example, the study of psychology and neuroscience has shown that the mind is highly adaptable and malleable, capable of rewiring or re-establishing itself in response to new experiences and information. This knowledge has profound implications for our understanding of the nature of reality, as it suggests that the world that we perceive is not a fixed and objective reality, but rather a subjective and ever-evolving construction of the mind.

In summary, understanding the mind and its connection to the after-death world is of great importance for improving mental health, enhancing cognitive abilities, gaining a deeper understanding of ourselves, and exploring

the nature of reality and the meaning of life. While there is still much that remains unknown about the workings of the mind, the progress that we have made in recent years is cause for optimism, and suggests that a deeper understanding of the mind and its connection to the universe is within our reach...

## **Exploring Life, Death, and Existence Through Film.**

The intersection of philosophy and cinema offers a fertile ground for exploring profound questions about life, death, nature and the human life experience. Several films, through their narratives and character arcs, delve into existential themes, prompting viewers to reflect on the nature of reality, the afterlife, universe and the essence of human existence. This writing examines six such films: *A Matter of Life and Death* (1946), *The Tree of Life* (2011), *The Sixth Sense* (1999), *The Lovely Bones* (2009), *Defending Your Life* (1991), and *The Age of Adaline* (2015). Each of these films presents unique philosophical inquiries that resonate deeply with audiences.

### **A Matter of Life and Death (1946)**

Directed by Michael Powell and Emeric Pressburger, *A Matter of Life and Death* blends romance, fantasy, and philosophy to explore themes of fate, love, existence, and the afterlife. The film follows RAF pilot Peter Carter, who survives a plane crash and falls in love with June, a radio operator. However, a celestial error meant he was supposed to die. Peter must argue his case in a

heavenly court to stay alive. This narrative raises questions about free will versus destiny and the justice of cosmic decisions, prompting viewers to ponder the balance between love and fate in human life.

### The Tree of Life (2011)

Terrence Malick's *The Tree of Life* is a meditative exploration of existence, intertwining the story of a 1950s Texas family with grand cosmic imagery depicting the universe's birth and evolution. Through the eyes of Jack, the eldest son, the film reflects on the dichotomy between grace and nature, the struggles of family dynamics, and the search for meaning. Malick's use of stunning visuals and minimal dialogue invites audiences to contemplate humanity's place in the cosmos and the enduring quest for understanding amidst life's beauty and tragedy.

### The Sixth Sense (1999)

M. Night Shyamalan's *The Sixth Sense* delves into the supernatural to explore themes of life, death, and unresolved trauma. The story centers on Dr. Malcolm Crowe, a child psychologist, and Cole Sear, a boy who sees and communicates with the dead. As they uncover the truth behind Cole's ability, the film raises existential questions about the nature of reality and the afterlife. Its famous twist ending forces viewers to reconsider their perceptions and the significance of resolving past conflicts for personal peace.

### The Lovely Bones (2009)

Based on Alice Sebold's novel, Peter Jackson's *The Lovely Bones* is a poignant exploration of the afterlife, grief, and justice. The story follows Susie Salmon, a 14-year-old girl who is murdered by her neighbor and watches from the afterlife as her family copes with her loss. The film navigates the spiritual realm, other existences questioning the possibility of life beyond death and the impact of unresolved violence on those left behind. It examines the journey of the soul and the pursuit of justice, both in the physical world and beyond.

### Defending Your Life (1991)

Albert Brooks' *Defending Your Life* offers a humorous yet thoughtful take on the afterlife and self-examination. The film follows Daniel Miller, who, after dying, must defend his life decisions in a court-like setting to determine his fate. Through this narrative, the film explores themes of fear, personal growth, and the criteria for a life well-lived. It prompts viewers to reflect on their own lives, the importance of overcoming fear, and the pursuit of fulfillment and self-improvement.

### The Age of Adaline (2015)

Lee Toland Krieger's *The Age of Adaline* examines the implications of immortality and the nature of time through the story of Adaline Bowman, a woman who stops aging after a near-fatal accident. As Adaline navigates a solitary existence, her life changes when she meets Ellis Jones, challenging her to confront her past and decide whether to reveal her secret. The film raises philosophical questions about the desirability of eternal life, the impact of time on human relationships, and the enduring value of love and connection.

These films, through their diverse narratives and rich character studies, invite audiences to engage with profound philosophical questions. Whether exploring the justice of cosmic decisions, the search for meaning amidst life's challenges, or the nature of existence and the afterlife, each film offers a unique perspective on the human experience. By blending storytelling with philosophical inquiry, these movies not only entertain but also inspire deeper reflection on the mysteries of life and death...

# The Big Bang Theory: Notable Errors.

The universe is a vast and mysterious place, and what we know about it is only a tiny fraction of what there is to discover. The Big Bang Theory is one of the most widely accepted scientific models for the origin and evolution of the universe. However, like all scientific theories, it is not perfect, and there are still many unanswered questions and potential challenges to the theory.

It's important to remember that science is a process of inquiry and discovery, and it's not always possible to answer all our questions. Sometimes, some theories are just theories and not facts or accurate descriptions of reality. In this writing, we'll explore some of the notable errors of the Big Bang Theory and the unanswered questions that scientists are still working to understand.

## 1. The Cosmological Constant Problem:

The cosmological constant is a term in Einstein's field equations that is associated with the energy of empty space, or vacuum energy. The observed value of the cosmological constant (which is associated with dark energy) is vastly smaller than the value predicted by quantum field theory, a discrepancy that has yet to be resolved. This is a significant challenge to the Big Bang Theory, as it suggests that there is something fundamental about the nature of the universe that we do not yet understand.

## 2. The Axis of Evil:

The "Axis of Evil" is a term used to describe a set of anomalies in the cosmic microwave background (CMB) radiation, which is the afterglow of the Big Bang. These anomalies refer to an alignment of certain features in the CMB that seems unlikely to occur by chance, and which could potentially challenge the assumption that the universe is isotropic (the same in all directions). While the significance of these anomalies is still a matter of debate, they are

a reminder that there may be features of the universe that do not fit neatly into our current theories.

### 3. The Quadrupole Moment Problem:

The quadrupole moment is a measure of the distribution of temperature fluctuations in the CMB. The observed quadrupole moment is smaller than expected based on the standard Big Bang Theory, although the significance of this discrepancy is still a matter of debate. This is another reminder that there may be aspects of the early universe that we do not yet fully understand.

### 4. The Fermion Mass Problem:

The Big Bang Theory, along with the Standard Model of particle physics, can't explain why fermions (a class of particles that includes quarks and leptons) have the masses they do. The observed masses are vastly smaller than the Planck mass (a fundamental scale in quantum gravity), and the reasons for this hierarchy are not well understood. This is a significant challenge to the Big Bang Theory, as it suggests that there is something fundamental about the nature of matter that we do not yet understand.

In summary, the Big Bang Theory is a powerful and useful scientific model for understanding the origin and evolution of the universe. However, like all scientific theories, it is not perfect, and there are still many unanswered questions and potential challenges to the theory. As we continue to explore the universe and develop new theories and technologies, it is likely that some of these challenges will be resolved, and new ones will emerge. This is the nature of scientific progress, as we continually strive to better understand the universe and our place in it...

# Understanding the Connection Between Causes & Effects in the Natural World.

The principle of causality is a foundational natural law in science and philosophy, shaping our understanding of the natural world and its processes. This natural law asserts that every event or phenomenon has a cause or a set of causes that precede it, contributing to its occurrence. In this writing, we will delve into the principles of causality, the relationship between causes and effects, and the role of natural laws in governing these connections.

## 1. The Principles of Causality:

Causality is the cornerstone of scientific inquiry, as it allows us to understand, predict, and manipulate the natural world. The principle is based on the fact that the universe operates according to natural laws and patterns, where events and changes do not occur randomly or without reason. Causality can be observed in various fields, including physics, chemistry, biology, meta-physics, and social sciences, demonstrating its universal applicability.

## 2. The Relationship Between Causes and Effects:

The connection between causes and effects is often described as a chain of events, where one cause leads to a specific effect, which then becomes the cause for a new effect, and so on. This interconnectedness is a result of the complex nature of the universe, where every action or change has consequences that ripple through the system, leading to new events and outcomes.

To illustrate this fact, consider the process of photosynthesis in plants. The sun's energy (cause) is absorbed by the plant's chlorophyll (effect), which



then triggers a series of biochemical reactions (new causes) that result in the production of glucose and oxygen (new effects). This chain of events demonstrates the intricate relationship between causes and effects in the natural world.

### 3. Examples of Causes and Effects:

Causes and effects are evident in numerous natural phenomena, such as:

- The force of gravity causing objects to fall towards the Earth's center
- The combustion of fuel causing the release of energy, heat, and gases
- The buildup of greenhouse gases in the atmosphere causing global temperature increases and climate change
- The erosion of soil and rock by water and wind over time, shaping the Earth's surface

### 4. The Connection Between Causes, Effects, and Other Natural Laws:

The principle of causality is deeply rooted in the nature of the universe and the way it operates. Natural laws, such as the laws of motion, thermodynamics, and electromagnetism, govern the behavior of matter and energy, dictating how events and phenomena occur. These laws are based on causal relationships between different elements and processes, enabling us to comprehend and predict the natural world's behavior.

### 5. The Formulation of Natural Laws:

When we observe consistent patterns and relationships between causes and effects in the natural world, we can formulate scientific theories and natural laws that describe these connections. These laws are based on empirical evidence and repeated observations, and they help us understand the underlying mechanisms and principles that govern the universe.

For instance, Newton's laws of motion were developed by observing the consistent relationships between force, mass, and acceleration in various physical systems. These natural laws have since become cornerstones of classical mechanics, enabling us to predict and manipulate the motion of objects in the universe.

### 6. Real-Life Instances of Causes and Effects:

Causes and effects are not only limited to the natural world but are also evident in our everyday lives. Some examples include:

- Regular exercise and a balanced diet leading to improved physical and mental health.
- The implementation of effective policies and regulations leading to economic growth and social development.
- The mismanagement of resources and pollution leading to environmental degradation and biodiversity loss.
- The development and integration of technology leading to increased efficiency and connectivity in various sectors.

In summary, the principle of causality is a fundamental aspect of the natural world, where events and phenomena are the result of one or more preceding causes. Understanding these causal relationships is crucial for scientific inquiry, technological advancement, nature and our ability to navigate and interact with the world around us. By appreciating the intricate connections between causes and effects, we can gain a deeper understanding of the nature, universe and our place within it...

## **What Recurring Patterns Reveal About the Workings of the Universe.**

In the course of our lives, it's common to notice certain types of situations or events tend to repeat themselves in a discernible pattern. Whether it's a

streak of good luck, a persistent struggle with health issues, or a recurring challenge in our relationships, these repetitive trends can feel almost uncanny at times.

While it may be tempting to chalk these patterns up to mere coincidence, taking the time to closely analyze them can actually provide profound insight into the fundamental workings of the universe. After all, the very existence of these patterns points to an underlying order and structure to the world around us - one governed by the natural laws of cause and effect.

Think about it - if events in the universe were truly random and disconnected, we wouldn't expect to see these kinds of repetitive trends emerge in our lives. But the fact that we do observe them suggests there are deeper forces at play, shaping the outcomes we experience.

Consider the simple act of walking. When we think about taking a step, and then proceed to carry out that action, there is a clear causal relationship between the initial thought and the resulting behavior. Our thinking caused the walking, just as a cause always precedes its effect. This natural principle of cause and effect is a foundational tenet of how the universe operates, and it manifests in myriad ways throughout our daily lives.

Some people, for instance, seem to be consistently "lucky" with their endeavors, while others repeatedly face setbacks and misfortune no matter how hard they try. These patterns of success and failure are not random - they likely stem from deeper factors like an individual's mindset, habits, decision-making processes, past karmas and interactions with their environment. By closely examining these recurring themes, we can start to uncover the underlying causes driving the outcomes we experience.

The same natural principle applies to other types of patterns we might observe - from persistent health issues, to challenges with transportation or relationships, to an uncanny knack for entrepreneurial success. In each case, the recurrence of these trends points to the presence of natural laws governing the universe, even if the specific mechanisms involved are not immediately apparent.

Of course, unraveling the mysteries of these patterns requires a high degree of intelligence and wisdom. It demands that we look beyond the surface-level events of our lives and grapple with profound questions about the nature of reality. How is it possible for certain people to experience such vastly different outcomes, even when they appear to be taking similar actions? Is it truly possible for anything to happen in the universe without a cause?

These are the kinds of deep, probing questions that the careful analysis of recurring patterns in our lives can inspire. And the more we train ourselves to recognize and thoughtfully examine these trends, the more we open ourselves up to transformative insights about the natural laws that underpin our existence.

Far from being mere coincidences, the patterns we observe in our lives are windows into the fundamental workings of the universe. They challenge us to let go of the illusion of randomness and confront the deeper truths about how cause and effect shape our experiences. And in doing so, they empower us to take greater responsibility for the trajectory of our lives, and to align our thoughts and actions with the principles that govern reality.

So the next time you notice a recurring pattern emerging in your life, don't dismiss it. Approach it as an opportunity to peer into the mysteries of the natural world, and to uncover the profound wisdom hidden within the fabric of your own experiences. For in doing so, you just might unlock the secrets to living a more purposeful, fulfilling, and harmonious existence...

# A Deep Dive into the Natural Laws of

## Cause & Effect.

Have you ever noticed that certain types of situations or events tend to recur in a pattern in your life? This is a common experience that many people have. It's as if the universe is subtly nudging us to pay attention, to look beyond the surface, and to delve into the profound truths that govern the natural world and our lives.

When we find ourselves in a cycle of similar experiences, be it good or bad, it's a golden opportunity to introspect and analyze the nature and the truth about the natural laws of causes and effects. It takes a high level of intelligence and wisdom to scrutinize life, nature, and the universe, and to discern the subtle patterns that often elude our conscious awareness.

In the grand tapestry of life, we see a myriad of experiences that people undergo. Some individuals seem to be perennially lucky, with their endeavors turning into success with minimal effort. On the other hand, there are those who, despite their relentless efforts and perseverance, are met with misfortune and loss.

Similarly, some people are always in the pink of health, while others are frequently plagued by illness. There are those who encounter problems related to mobility, such as broken legs, car accidents, or living in areas with poor road access. Others face issues related to vision or a constant lack of loyal and dependable friends.

Is it possible for anything to happen in the universe without a cause? The answer, upon careful examination, is a resounding no. Every action, every

event, is the result of a previous cause. For instance, a person walks only after the thought of walking arises in their mind. This illustrates that the previous action of thinking was the cause of the subsequent result, which is walking.

The recurring patterns in our lives and the diverse experiences of individuals are clear indicators of the existence and the truthfulness of the natural law of cause and effect. This law, also known as the law of karma in some spiritual traditions, states that every action has a corresponding reaction or consequence.

In the grand scheme of things, we are all interconnected, and the patterns that we observe in our lives and in the world around us are a testament to the profound and intricate laws that govern the universe. By cultivating wisdom and understanding, we can discern these patterns, learn from them, and align ourselves with the natural flow of life...

## **The Quest for Alien Life.**

The search for alien life has long captivated the human imagination, inspiring countless works of science fiction and fueling a relentless quest for answers. In recent decades, the field of astrobiology has emerged, bringing together scientists from a variety of disciplines to study the origins, evolution, and distribution of life in the universe.

The search for alien life is a complex and multifaceted endeavor. Scientists are using a variety of methods, including radio and optical telescopes, to search for signals or signs of life. The Search for Extraterrestrial Intelligence (SETI), one of the most well-known initiatives in this field, uses large radio

telescopes to listen for narrow-bandwidth radio signals from space. These signals are not known to occur naturally, so their detection could provide evidence of extraterrestrial technology.

An exoplanet, or extrasolar planet, is a planet that orbits a star outside our solar system. The first confirmed detection of an exoplanet was in 1992, and since then, over 4,000 exoplanets have been confirmed, with thousands more candidates awaiting confirmation.

These alien worlds come in a wide variety of sizes, compositions, and orbits. Some are gas giants larger than Jupiter, while others are rocky planets about the size of Earth. Some exoplanets orbit very close to their stars, completing a "year" in just a few Earth days, while others orbit at much greater distances.

The concept of a habitable zone, also known as the "Goldilocks zone," is crucial in the search for alien life. This is the region around a star where the temperature is just right — not too hot and not too cold — for liquid water to exist on a planet's surface. Liquid water is a key ingredient for life as we know it, so the discovery of an exoplanet in its star's habitable zone is a promising sign.

The Kepler Space Telescope, launched by NASA in 2009, has been a game changer in the field of exoplanet discovery. It was designed to survey a portion of the Milky Way to discover Earth-size planets in or near the habitable zone of their star. Kepler's data has led to the discovery of over 2,600 exoplanets, many of which are in their star's habitable zone.

When scientists talk about the potential for alien life, they're often referring to life as we know it, which is based on carbon and requires water. Carbon is a versatile element that can form a wide variety of complex molecules, making it an ideal building block for life. Water is a polar molecule that can dissolve a wide variety of substances, making it an excellent solvent for the biochemical reactions of life.

However, some scientists are also considering the possibility of life forms that are based on different elements and that could exist in conditions that are

very different from those on Earth. For example, life on a planet with a hydrogen-rich atmosphere might be based on hydrogen rather than carbon.

In our own solar system, Mars and Jupiter's moon Europa are two of the places that scientists think could potentially harbor life. Mars has evidence of ancient rivers and lakes, and it's possible that microbial life could have existed in these bodies of water. Europa, meanwhile, has a subsurface ocean of liquid water, which could potentially harbor life.

The search for alien life is a fascinating and ongoing journey of discovery. With the help of powerful telescopes and spacecraft, scientists are exploring the vast and varied array of alien worlds in our universe, searching for signs of life. Whether or not we find evidence of extraterrestrial life, the quest itself is sure to deepen our understanding of the universe and our place in it...

## **Exploring the Boundaries of Our**

## **Understanding.**

Physics, the fundamental materialistic science that seeks to understand the physical world around us, has made remarkable strides in unraveling the mysteries of the universe. From the smallest subatomic particles to the grandest cosmic structures, physicists have developed a comprehensive framework for describing the laws that govern the natural world. However, as our knowledge has expanded, so too have the limitations and challenges that confront this field of study.



### The Uncertainty Principle:

One of the most fundamental limitations in physics is the Heisenberg Uncertainty Principle, which was formulated by the renowned physicist Werner Heisenberg in the 1920s. This principle states that there is a fundamental limit to the precision with which certain pairs of physical properties, such as position and momentum, can be measured simultaneously. This means that the more precisely we measure one property, the less precisely we can measure the other.

This limitation has profound implications for our understanding of the quantum world, where the behavior of particles is governed by probabilistic rather than deterministic laws. The Uncertainty Principle highlights the inherent unpredictability and randomness that exists at the most fundamental levels of reality, challenging our intuitions about the nature of causality and the ability to precisely predict the behavior of physical systems.

### The Limits of Observation:

Another significant limitation in physics is the constraint imposed by the finite nature of our observational capabilities. The universe is vast, and much of it remains beyond the reach of our current technological tools. From the microscopic realm of subatomic particles to the vast expanse of the cosmos, there are regions and phenomena that we simply cannot observe or measure directly.

This limitation has led physicists to rely on indirect methods of investigation, such as the use of mathematical models, computer simulations, and theoretical predictions. While these approaches have been remarkably successful, they also introduce additional uncertainties and potential sources of error, as our models and theories may not fully capture the complexity of the physical world.

### The Limits of Reductionism:

Another challenge facing physics is the inherent limitation of the reductionist approach, which has been a cornerstone of the scientific method. This approach seeks to understand complex systems by breaking them down into their constituent parts and studying them in isolation. While this has been a powerful tool for advancing our understanding of the physical world, it also has its limitations.

Many natural phenomena, from the behavior of living organisms to the dynamics of complex systems, cannot be fully explained by the simple sum of their parts. Emergent properties and nonlinear interactions often arise, defying the predictions of reductionist models. This has led to the development of new fields, such as complexity theory and systems biology, which seek to address the limitations of the reductionist approach.

#### The Limits of Determinism:

The classical view of physics, as exemplified by the work of Isaac Newton, was based on the idea of a deterministic universe, where the future state of a system could be precisely predicted if its initial conditions were known. However, the advent of quantum mechanics and the discovery of chaos theory have challenged this deterministic worldview.

Quantum mechanics has revealed the inherent randomness and probabilistic nature of the subatomic world, while chaos theory has shown that even simple, deterministic systems can exhibit unpredictable and chaotic behavior. These discoveries have forced physicists to confront the limitations of their ability to predict and control the behavior of physical systems, particularly in complex or nonlinear contexts.

#### The Limits of Unification:

One of the grand goals of materialistic physics has been the pursuit of a unified theory that can reconcile the fundamental forces of nature – gravity, electromagnetism, the strong nuclear force, and the weak nuclear force – into a single, coherent framework. This quest, often referred to as the "Theory of Everything," has proven to be an elusive and challenging endeavor.

Despite significant progress in the development of theories like string theory and loop quantum gravity, physicists have yet to achieve a complete and satisfactory unification of the fundamental forces. This limitation highlights the complexity of the physical world and the potential for unexpected phenomena that may lie beyond the reach of our current theoretical models.

#### Embracing the Limits:

As physicists continue to push the boundaries of our understanding, they must also confront the inherent limitations of their field. These limitations, far from being obstacles to progress, can actually serve as catalysts for new discoveries and the development of innovative approaches to the study of the physical world.

By acknowledging the uncertainties, observational constraints, and theoretical challenges that define the limits of physics, researchers can foster a more humble and open-minded approach to scientific inquiry. This, in turn, can lead to the emergence of new paradigms, the questioning of long-held assumptions, and the exploration of alternative perspectives that may ultimately expand the frontiers of our knowledge.

The Uncertainty Principle, for example, has not only shaped our understanding of the quantum realm but has also inspired new ways of thinking about the nature of reality and the limits of our ability to observe and measure the physical world. Rather than viewing this principle as a frustrating constraint, physicists have embraced it as a fundamental feature of the universe, leading to the development of quantum mechanics and the exploration of the probabilistic nature of subatomic phenomena.

Similarly, the limitations imposed by our observational capabilities have driven the development of increasingly sophisticated tools and techniques, from advanced telescopes and particle accelerators to computer simulations and theoretical models. These advancements have not only expanded the boundaries of what we can observe and measure but have also revealed the richness and complexity of the physical world, challenging our preconceptions and inspiring new avenues of inquiry.

The recognition of the limits of reductionism has also been a crucial step in the evolution of physics. By acknowledging the importance of emergent properties and the limitations of studying systems in isolation, researchers have been able to develop more holistic and interdisciplinary approaches to understanding the natural world. This has led to the rise of fields like complexity theory and systems biology, which offer new insights into the behavior of complex, nonlinear systems.

Embracing the limits of determinism has been equally transformative. The discovery of chaos theory and the recognition of the inherent unpredictability of certain physical systems have forced physicists to rethink their assumptions about the nature of causality and the ability to precisely predict the behavior of the physical world. This, in turn, has opened up new avenues for exploring the role of randomness, probability, and uncertainty in the fundamental laws of nature.

Finally, the ongoing quest for a unified theory of the fundamental forces has not only highlighted the limitations of our current theoretical frameworks but has also inspired the development of innovative approaches and the exploration of new frontiers of knowledge. While the elusive "Theory of Everything" remains a distant goal, the pursuit of this objective has driven physicists to push the boundaries of their understanding, leading to the emergence of groundbreaking ideas and the potential for revolutionary discoveries.

By embracing the limits of materialistic physics, researchers can cultivate a more nuanced and adaptive approach to scientific inquiry, one that is open to the unexpected, the unpredictable, and the unknown. This mindset not only fosters humility and intellectual curiosity but also paves the way for the next generation of breakthroughs and the continued expansion of our understanding of the physical world...

# Seeing the Unseen: The Limits of Human

## Perception.

As human beings, we tend to assume that the world we experience through our senses is a complete and accurate representation of reality. After all, our eyes, ears, nose, tongue, and sense of touch provide us with a wealth of information about our surroundings, allowing us to navigate, interact, and make sense of the environment. However, this assumption belies a fundamental limitation of the human condition – we can only know and understand the world through the narrow confines of our five senses.

### The Visible Spectrum:

Perhaps the most obvious limitation of human perception is our ability to see only a small portion of the electromagnetic spectrum. The visible light that our eyes can detect ranges from approximately 400 to 700 nanometers in wavelength, a mere sliver of the vast expanse of radiation that permeates the universe.

Beyond the visible spectrum lie the realms of ultraviolet, infrared, and radio waves, each with their own unique properties and potential for revealing the hidden workings of the natural world. While some animals, such as bees, birds, and snakes, have evolved the ability to perceive these invisible wavelengths, humans remain largely oblivious to their existence.

### The Inaudible Realm:

Similarly, our sense of hearing is constrained to a specific range of sound frequencies, typically between 20 Hz and 20 kHz. This range, while sufficient for detecting the vocalizations of many animals and the sounds of our everyday environment, excludes a vast array of acoustic phenomena.

Bats, for example, can detect ultrasonic frequencies up to 100 kHz, allowing them to navigate their surroundings and locate prey using echolocation. Elephants, on the other hand, can communicate using infrasonic rumbles below the lower limit of human hearing, which can travel for miles and serve as a means of long-distance communication.

#### The Limits of Smell and Taste:

Our senses of smell and taste, while more nuanced than those of many other animals, are also constrained by the limitations of our biology. The human nose can detect only a fraction of the chemical compounds that exist in the world, and our taste buds are sensitive to a relatively small number of basic tastes, such as sweet, sour, salty, bitter, and umami.

In contrast, some animals, such as dogs and sharks, possess a far more acute sense of smell, allowing them to detect scents that are imperceptible to humans. Similarly, certain species of fish and amphibians can taste and detect chemicals in their environment that are beyond the capabilities of the human palate.

#### The Tactile Disconnect:

Our sense of touch, while providing us with a wealth of information about the physical properties of our surroundings, is also limited by the sensitivity and distribution of our nerve endings. We can feel the warmth of a surface, the texture of a material, and the pressure of an object, but we cannot directly perceive the electromagnetic fields, gravitational forces, or other invisible phenomena that shape our world.

Some animals, such as sharks and certain species of fish, possess specialized sensory organs that allow them to detect and respond to these invisible forces, giving them a more comprehensive understanding of their environment.

#### Expanding Our Horizons:

While the limitations of our senses may seem like a constraint, they also present an opportunity for us to expand our understanding of the world. By recognizing the gaps in our perception, we can develop tools and

technologies that extend our senses, allowing us to explore the unseen realms of the universe.

Telescopes, microscopes, and spectrometers have enabled us to observe celestial bodies and subatomic particles that are beyond the reach of our naked eyes. Radio telescopes and particle accelerators have revealed the existence of invisible forms of radiation and matter, while infrared and ultraviolet imaging have opened up new windows into the natural world. Similarly, the development of instruments that can detect and measure electromagnetic fields, gravitational waves, and other invisible phenomena has broadened our understanding of the physical laws that govern the universe. By embracing the limitations of our senses and seeking to overcome them, we have been able to uncover the hidden complexities of the world around us, and to gain a deeper appreciation for the richness and diversity of the natural world.

For example, the invention of the telescope has allowed us to observe distant galaxies, study the composition of stars, and even detect the presence of exoplanets orbiting other suns. Microscopes, on the other hand, have revealed the intricate structures and processes that occur at the cellular and molecular levels, opening up new frontiers in fields like biology, chemistry, and materials science.

The development of spectroscopy, which analyzes the wavelengths of light emitted or absorbed by different materials, has enabled us to determine the chemical composition of distant stars, as well as the properties of atoms and molecules in our own environment. Similarly, the use of particle accelerators has allowed us to study the fundamental building blocks of matter, leading to groundbreaking discoveries in the field of particle physics.

Beyond the visible spectrum, the invention of instruments that can detect and measure electromagnetic fields, gravitational waves, and other invisible phenomena has revolutionized our understanding of the physical world. Radio telescopes, for instance, have revealed the existence of pulsars, quasars, and other cosmic objects that emit radio waves, while the detection of gravitational waves has provided a new window into the most extreme events in the universe, such as the collision of black holes.

Ultimately, the constraints of our five senses serve as a reminder that our perception of reality is inherently limited and shaped by the biological and evolutionary factors that have shaped our species. By acknowledging these limitations and striving to expand the boundaries of our knowledge, we can continue to push the frontiers of human understanding and unlock the secrets of the unseen world.

Through the development of increasingly sophisticated tools and technologies, we have been able to transcend the limitations of our senses and gain a more comprehensive understanding of the natural world. From the vast expanse of the cosmos to the microscopic realms of the subatomic, our ability to observe, measure, and analyze the invisible has transformed our view of the universe and our place within it.

As we continue to explore the unknown and uncover the hidden complexities of the world around us, we must remain humble and open-minded, recognizing that our perception of reality is always a work in progress. By embracing the limitations of our senses and seeking to overcome them, we can continue to expand the horizons of human knowledge and deepen our appreciation for the wonders of the natural world...

## **Importance of Respecting Spirituality.**

In today's world, there is a growing tendency to dismiss or ridicule spirituality and religious beliefs, especially among those who have some knowledge of physics or material science. However, it is important to recognize that everyone has the right to their own beliefs and experiences, and that these should be approached with respect and understanding. Material science is



not the only way to understand nature. While it can certainly provide valuable insights into the physical properties and processes of the some part of natural world, there are many other ways of knowing and connecting with nature that are equally important. For example, indigenous and traditional ecological knowledge systems have developed over centuries of close observation and interaction with the environment. These knowledge systems often incorporate spiritual, cultural, and ethical dimensions that can offer a more holistic and sustainable approach to understanding and caring for nature.

While materialistic science can provide valuable insights into the workings of the universe, it is not the only way of knowing or understanding the universe. Many people find meaning, purpose, and comfort in spiritual or religious beliefs and practices, and these experiences should not be dismissed or ridiculed. In fact, many scientists have recognized the limitations of materialistic science and have acknowledged the importance of other ways of knowing, including intuition, emotion, visions, meditation and spirituality. By approaching different beliefs and experiences with an open and curious mind, we can deepen our own understanding of the world.

It's important to recognize that materialistic science and spirituality are not necessarily mutually exclusive. Many people, including scientists, find that their spiritual or religious beliefs complement and enrich their understanding of the world. Moreover, spirituality and religion often address questions and concerns that are beyond the scope of material science, such as the meaning of life, the nature of morality, nature of mind, karma energy, life after death and the experience of suffering and loss. For many people, these questions are deeply important and cannot be fully addressed through scientific inquiry. A more holistic and inclusive approach to understanding and appreciating nature can incorporate multiple ways of knowing, including traditional ecological knowledge, meditation, artistic and aesthetic experiences, and embodied, direct engagement with the natural world.

Ridiculing or dismissing someone's beliefs or spirituality can have harmful consequences. It can create a sense of alienation and division, and it can prevent open and respectful dialogue. By approaching different beliefs and

experiences with an attitude of curiosity and respect, we can foster greater understanding, empathy, and connection.

Spirituality and religion can play a significant role in people's mental and emotional well-being. Many people find comfort, solace, and a sense of purpose in their spiritual or religious beliefs, and these beliefs can help them cope with difficult circumstances and challenges. Moreover, spiritual and religious practices often involve community and connection with others, which can provide a sense of belonging and support.

The relationship between material science and spirituality is complex and multifaceted, and there is no one-size-fits-all approach to understanding it. By engaging in open and respectful dialogue, and by approaching different perspectives with curiosity and humility, we can deepen our understanding of the world and foster greater empathy and connection with others. Ultimately, it's important to recognize that we all have different perspectives and experiences, and that these differences can be a source of richness and diversity. By approaching one another with openness and respect, we can deepen our own understanding of the world and create a more inclusive and compassionate society...

## **Multifaceted Importance of Truth.**

Truth is a fundamental aspect of human existence, and its importance is far-reaching and multifaceted. Differentiating falsehood from truth is essential for making informed decisions, avoiding deception and manipulation, and understanding the world around us. The pursuit of truth is a central aspect of human existence and the pursuit of knowledge, and it is essential for building trust and integrity, advancing human knowledge and progress, promoting

personal growth and self-discovery, and ensuring justice and fairness in society.

Experimenting to find out the truth is a critical part of the scientific process, as it allows us to test hypotheses, gather evidence, and refine our understanding of the natural world. The pursuit of truth in material science is often driven by a sense of curiosity, wonder, and a desire to understand the underlying mechanisms and principles that govern the universe. Throughout history, great thinkers and scientists have challenged established beliefs and dogmas, often in the face of opposition and hostility, in order to uncover new truths about the world. This process of questioning, experimenting, and revising our understanding is at the heart of the scientific and intellectual enterprise, and it has led to countless discoveries and innovations that have transformed our lives.

Knowing the truth is also important for ethical and moral reasons, as it allows us to make decisions that are based on accurate and reliable information, rather than on falsehoods or misconceptions. In many cases, the truth can be difficult or uncomfortable to accept, but it is nonetheless essential for making responsible and informed choices. The importance of truth is closely tied to the idea of objectivity, or the notion that there are certain facts or truths that are independent of our beliefs, opinions, or biases. The pursuit of objectivity is often seen as essential for the advancement of knowledge and the avoidance of error and bias.

Admiring the truth is a way of acknowledging and appreciating the beauty, complexity, and richness of the world around us. The truths of nature, for example, can be awe-inspiring and humbling, reminding us of our place in the larger scheme of things and the interconnectedness of all living beings and universe. Understanding the truths of reality and the universe is a way of expanding our knowledge, broadening our perspectives, and deepening our sense of wonder and curiosity. The pursuit of truth in philosophy, for example, can help us to understand the nature of reality, consciousness, and ethics, and to develop a more coherent and comprehensive worldview.

The pursuit of truth is also closely tied to the idea of personal growth and self-discovery. By seeking out the truth, both about ourselves and the world

around us, we are able to gain a deeper understanding of our own strengths and weaknesses, as well as our place in the larger scheme of things. This process of self-exploration can be challenging and uncomfortable at times, but it is ultimately essential for living a fulfilling and meaningful life. The importance of truth can also be seen in the way it promotes trust, honesty, and integrity in relationships and society as a whole. When people are truthful with each other, they are able to build stronger and more meaningful connections, based on mutual respect and understanding. In contrast, when falsehoods and deception are allowed to flourish, it can lead to mistrust, conflict, and social breakdown.

In short, the importance of truth is multifaceted and far-reaching, encompassing ethical, social, intellectual, personal, and political dimensions. The pursuit of truth is essential for building trust and integrity, advancing human knowledge and progress, promoting personal growth and self-discovery, and ensuring justice and fairness in society. The importance of truth is not always absolute or unconditional, and there may be cases where other values or considerations take precedence. However, in general, the pursuit of truth is a fundamental and necessary aspect of human existence, and it is something that we should all strive for in our daily lives...

## **Importance of Experimentation and Truth.**

The pursuit of truth has been a fundamental aspect of human inquiry for centuries. One of the most powerful tools for uncovering the truths of nature

is experimentation. By conducting experiments, we can test our hypotheses, gather empirical evidence, and refine our understanding of the natural world. The scientific method, which involves formulating a hypothesis, designing and conducting experiments to test the hypothesis, and analyzing and interpreting the data, is a cornerstone of scientific inquiry and has led to numerous scientific theories and discoveries.

The importance of experimentation lies in the fact that it allows us to move beyond mere speculation and conjecture, and to arrive at a more accurate and reliable understanding of the world around us. By subjecting our ideas and beliefs to the rigors of experimental testing, we can weed out falsehoods and misconceptions, and arrive at a more profound and nuanced understanding of the natural world. Moreover, the importance of truth in this context is that it is only by arriving at a more accurate and reliable understanding of the world that we can make informed decisions, solve problems, and improve our lives.

In addition to its practical importance, the pursuit of truth through experimentation is also a source of inspiration and wonder. The discoveries and insights that result from experimental research can be awe-inspiring and humbling, reminding us of our place in the larger scheme of things and the interconnectedness of all living beings.

The importance of doing experiments to understand the truths of nature also extends beyond the individual level to the societal level. The advancements in science and technology that have resulted from experimental research have had a profound impact on human civilization, transforming the way we live, work, and interact with each other. For example, the development of modern medicine and public health measures, which are based on a deep understanding of the biological and environmental factors that influence health and disease, have led to dramatic improvements in life expectancy and quality of life. Similarly, the development of new materials, energy sources, and transportation technologies, which are based on a deep understanding of the physical and chemical properties of matter, have revolutionized the way we build, power, and move our societies.

Moreover, the importance of truth in this context is that it is only by arriving at a more accurate and reliable understanding of the world that we can develop effective and efficient solutions to the challenges that we face. In a world that is increasingly complex and interconnected, the ability to make informed decisions, solve problems, and innovate is essential for the success and well-being of individuals, organizations, and societies.

Furthermore, the importance of doing experiments to understand the truths of nature is also closely tied to the idea of personal growth and self-discovery. By engaging in the process of experimental research, we are able to develop and refine our critical thinking, problem-solving, and communication skills, as well as our ability to work collaboratively and creatively. These skills and abilities are not only essential for success in science and technology, but also for success in a wide range of other fields and endeavors.

In short, the importance of doing experiments to understand the truths of nature is that it is through experimentation that we can arrive at a more accurate and reliable understanding of the world, develop effective and efficient solutions to the challenges that we face, and promote personal growth and self-discovery. The pursuit of truth in this context is essential for ensuring that our ideas and beliefs are grounded in empirical evidence and subject to the rigors of experimental testing.

The importance of truth and the pursuit of truth is multifaceted and far-reaching, encompassing scientific, ethical, personal, and political dimensions. The recognition that truth is essential for understanding the world, making responsible and informed decisions, and achieving personal and spiritual growth, is a cornerstone of human inquiry and endeavor. The ability to evaluate evidence, identify logical fallacies, and engage in rigorous and systematic analysis is essential for arriving at a clear and accurate understanding of the world. Moreover, the recognition that our beliefs and ideas may be incomplete or incorrect, and the willingness to consider alternative perspectives and evidence, is essential for ensuring that we are able to arrive at a more accurate and nuanced understanding of the world. The rewards of the pursuit of truth, in terms of personal and intellectual

growth, and in terms of the impact that we can have on the world, are often well worth the effort...

## Importance of Free Thinking.

Free thinking and having an open mind to various forms of knowledge are essential for ensuring that our ideas and beliefs are grounded in a broad and diverse range of perspectives, and for fostering intellectual humility, innovation, creativity, and personal growth.

A free thinker is someone who values reason, evidence, and critical thinking, and is willing to question assumptions, challenge conventional wisdom, and think for themselves. In the context of understanding the natural world, a free thinker is someone who is willing to conduct experiments, gather and analyze data, and follow the evidence wherever it leads, even if it challenges their own beliefs or the dominant paradigm.

Free thinkers have existed throughout history and across cultures, from Socrates and Galileo to Voltaire and Ayaan Hirsi Ali. The Enlightenment, a philosophical and intellectual movement that emerged in Europe in the 17th and 18th centuries, emphasized the importance of reason, science, and individual freedom, and challenged the authority of the Church and the monarchy. Free thinking is also often associated with secularism, the principle of separating religion and state, and with the promotion of human rights, democracy, and social justice.

Having an open mind for various forms of knowledge is also important for several reasons. Firstly, it allows us to gain a more comprehensive and nuanced understanding of the world around us. Different forms of

knowledge, such as science, philosophy, art, and religion, offer unique perspectives and insights into the nature of reality, human experience, and the meaning of life. By engaging with a diverse range of knowledge, we can broaden our horizons, challenge our assumptions, and develop a more sophisticated and well-rounded worldview.

Secondly, it fosters intellectual humility and respect for other viewpoints. When we are open to different forms of knowledge, we recognize that there are many ways of understanding the world, and that our own perspective is not the only one. This can help us to be more humble in our beliefs, and to respect and engage in constructive dialogue with others who may hold different views.

Thirdly, it can lead to innovation and creativity. When we are exposed to a variety of ideas and perspectives, we are more likely to make connections and see patterns that we may not have otherwise noticed. This can lead to new insights, ideas, and solutions to problems, and can help us to be more creative and innovative in our thinking.

Furthermore, it can promote personal growth and self-discovery. By engaging with different forms of knowledge, we can gain new insights into ourselves and our place in the world. This can lead to personal growth, self-improvement, and a greater sense of purpose and meaning.

In short, free thinking and having an open mind for various forms of knowledge are essential for ensuring that our ideas and beliefs are grounded in a broad and diverse range of perspectives, and for fostering intellectual humility, innovation, creativity, and personal growth. It is a hallmark of a wise and curious person, who is committed to the pursuit of truth and understanding.

The pursuit of knowledge and understanding of the natural world has led to numerous technological and scientific advancements throughout history, from the discovery of electricity to the development of the internet. By exploring the nature of reality and the universe, we can gain insights into the meaning of life, the nature of consciousness, and other existential questions. Thinking deep matters and doing experiments to realize nature is a



characteristic of a wise person, who is willing to question their assumptions, challenge conventional wisdom, and seek out new knowledge and insights.

However, free thinking is not without its challenges and controversies. Free thinkers may face censorship, persecution, and social ostracism for their beliefs and ideas. They may also be criticized. However, many free thinkers would argue that the benefits of intellectual freedom, critical thinking, and the pursuit of truth far outweigh the risks and challenges.

In short, the importance of understanding the truth of nature and the universe cannot be overstated. It is a pursuit that can lead to personal growth, scientific and technological advancements, and a greater appreciation for the world around us. The wise person is one who recognizes the value of this pursuit and who engages in it with humility, curiosity, and a commitment to the truth. Free thinking and having an open mind for various forms of knowledge are essential parts of this pursuit, as they allow us to question, challenge, and think for ourselves, and to arrive at a more profound and nuanced understanding of the world...

## **Limits of Critical Thinking in**

## **Understanding the Universe.**

Critical thinking is often heralded as a cornerstone of rational decision-making and knowledge acquisition. Its value lies in its ability to evaluate information, identify biases, and make informed decisions. However, despite its strengths, critical thinking alone is not always sufficient for

comprehending the complexities of the universe. The limitations of human cognition and sensory perception necessitate the use of advanced technological equipment to fully grasp certain phenomena. This writing explores the boundaries of critical thinking and the essential role of technology in expanding our understanding of the universe.

In the field of astronomy, critical thinking alone cannot reveal the nature and behavior of objects such as stars, galaxies, and black holes. Astronomers rely on advanced technological tools like telescopes, spectrographs, and detectors to gather and analyze data across various wavelengths and energies. These tools extend our sensory capabilities and allow us to observe and measure phenomena that are otherwise imperceptible. For example, the Hubble Space Telescope has provided unprecedented views of distant galaxies and nebulae, revealing details that are crucial for our understanding of cosmic evolution.

Similarly, in particle physics, critical thinking is not enough to comprehend the behavior of subatomic particles like quarks, leptons, and bosons. Physicists employ particle accelerators, detectors, and supercomputers to simulate and analyze the interactions of these particles. The Large Hadron Collider (LHC) at CERN is a prime example of how technology is indispensable for exploring the fundamental components of matter. The LHC has enabled the discovery of the Higgs boson, a particle that was theorized long before it could be observed directly.

One of the primary reasons critical thinking falls short is the inherent limitations of human sensory and cognitive abilities. Our senses can only detect a narrow range of stimuli, and our brains or minds struggle to process extremely large or complex datasets. Technological advancements such as supercomputers and data analytics tools help overcome these limitations. For instance, in climate science, vast amounts of data from satellites and ground-based sensors are processed using supercomputers to model climate patterns and predict future changes.

Measurement errors and data overload present additional challenges where critical thinking alone may falter. Advanced technological equipment enhances the accuracy and precision of measurements, reducing

uncertainties. In genomics, for example, sequencing technologies and bioinformatics tools are essential for accurately mapping genomes and identifying genetic variations. These technologies handle the enormous volumes of data involved, providing insights that would be unattainable through critical thinking alone.

Critical thinking can be compromised by cognitive biases such as confirmation bias or anchoring bias. Technological tools like data visualization software, simulation models, and virtual reality environments help mitigate these biases by presenting data in ways that challenge preconceived notions. These tools allow researchers to visualize complex relationships and explore alternative hypotheses, fostering a more objective and comprehensive understanding.

In fields where ethical and moral considerations constrain direct experimentation, technology offers alternative ways to gather data responsibly. For instance, brain imaging tools and genetic testing kits enable researchers to study human subjects in a non-invasive manner, adhering to ethical guidelines while advancing our knowledge of human biology and behavior.

While critical thinking is invaluable, it is not the only way to acquire knowledge. Intuition, emotion, faith, and experience also contribute to our understanding of the world. Recognizing the diversity of ways of knowing and integrating them with critical thinking can lead to a more holistic approach to problem-solving and decision-making.

In short, critical thinking is an essential tool for evaluating information and making informed decisions, but it has its limitations. Understanding and navigating the complex and dynamic nature of the universe often require advanced technological equipment to extend our sensory and cognitive capabilities, reduce measurement errors, handle data overload, and mitigate cognitive biases. By integrating critical thinking with technology and other ways of knowing, we can achieve a deeper and more nuanced understanding of the universe. This balanced approach acknowledges the importance of other ways of knowing...

## Value of Old Wisdom in a New World.

In our rapidly changing world, it's easy to dismiss things simply because they are old. However, age does not diminish value, truth, or utility. History and nature repeatedly demonstrate that many ancient elements and wisdoms are still crucial today. Take the sun, for example. It's around 4.6 billion years old yet remains essential, providing the light and heat that sustain life on Earth. This ancient star is not a relic but a constant, life-giving force.

Similarly, a 500-year-old tree continues to offer fruits, medicines, and oxygen, showing that age does not mean obsolescence. These examples highlight an essential principle: the worth of something isn't determined by its age.

Natural laws are timeless. The laws of physics, such as gravity discovered by Sir Isaac Newton in the 17th century, have governed the universe since its inception and will continue to do so indefinitely. These principles are as valid today as they were centuries ago and form the foundation of modern science.

New does not automatically mean superior or truthful. Novelty can sometimes blind us to the enduring value of older practices and ideas. Conversely, not all old things are outdated or irrelevant. It's crucial to evaluate both the old and the new on their own merits, recognizing that each can hold significant value and wisdom.

Examples of Enduring Value:

- 1) The Sun: Despite its age, the sun remains a vital energy source, powering our planet and our homes through solar technology.

- 2) Water: Billions of years old, water is essential for life, agriculture, industry, and renewable energy through hydro-power.
- 3) Wind: Harnessed since ancient times, wind is now a cornerstone of sustainable energy through wind turbines.
- 4) Stone: Used for millennia in tools, buildings, and art, stone remains a fundamental material in construction and sculpture.
- 5) Wood: Historically used for fuel, building, and tools, wood continues to be vital for construction, paper, and furniture.
- 6) Silk: Developed in ancient China and India, silk is still valued for its use in clothing and textiles.
- 7) Metals: Ancient metals like copper and iron are still crucial in construction, electronics, and many other fields.
- 8) Glass: First developed in ancient Mesopotamia, glass is indispensable in modern technology like fiber optics.

#### Traditional Wisdom and Modern Relevance:

- 1) Scientific and Mathematical Principles: The Pythagorean theorem and Newton's laws of motion remain foundational, illustrating how ancient knowledge continues to underpin modern science and technology.
- 2) Literature and Philosophy: Works by Aristotle, Plato, and Confucius still provide valuable insights and ethical guidance.
- 3) Art and Architecture: Ancient structures like the Egyptian pyramids and Greek Parthenon are not only historical wonders but also sources of inspiration and learning in modern architecture and engineering.
- 4) Medicine and Health: Practices like acupuncture, yoga, meditation, Ayurveda and the use of herbal medicines have ancient origins but are supported by modern research and widely practiced even today.

Ancient knowledge often represents wisdom tested and refined over centuries. For example, indigenous knowledge about medicinal plants and sustainable practices is increasingly valued in contemporary ecology and conservation. Traditional cooking methods and recipes, such as fermentation, continue to be essential in modern cuisine. Classical music compositions and traditional games like chess and Go remain as relevant and engaging even today as they were centuries ago.

Understanding history is crucial for avoiding past mistakes, gaining inspiration, and appreciating cultural diversity. The past is a rich repository of scientific discoveries and technological innovations that continue to drive progress today. Reflecting on historical and personal experiences aids in personal growth and development, fostering a deeper understanding of human nature and behavior.

In short, the value, truth, and goodness of something are not determined solely by its age. By embracing both ancient wisdom and modern innovation, we can navigate the present and future more effectively. Natural laws do not change. Natural laws and many old practices hold timeless truths that continue to enrich our lives. As we forge ahead, it is wise to carry the lessons of the past with us, using them as a foundation upon which to build a better future...

## **Shvetashvatara Upanishad: Exploration of Hindu Philosophy.**

The Shvetashvatara Upanishad, a revered text in the Hindu tradition, is known for its profound philosophical insights and theistic content. Associated with the Krishna Yajurveda, this Upanishad is divided into six chapters and comprises 113 verses.

The text delves into several key themes, including the nature of the ultimate reality (Brahman), the practice of yoga meditation, the balance between monism and theism, philosophical inquiry, salvation and freedom (Moksha), and ethical and moral teachings.

In its exploration of Brahman, the Shvetashvatara Upanishad describes Brahman as the cause of all causes and the foundation of all existence. The text frequently employs metaphors and analogies to illustrate Brahman's ineffable and all-encompassing nature. It is suggested that Brahman can be realized through deep meditation, rather than mere intellectual understanding or using logic.

The Upanishad also introduces the concept of Ishvara (God), a personal deity who is both immanent and transcendent. This dual aspect of Ishvara helps to bridge the gap between the abstract, impersonal Brahman of earlier Upanishads and the personal deity worshipped in theistic traditions.

The practice of yoga or meditation is emphasized in the Shvetashvatara Upanishad as a means to achieve spiritual realization. The text provides specific techniques for meditation, including controlling the breath (pranayama), focusing the mind, and maintaining a posture conducive to meditation practice.

The Upanishad encourages philosophical inquiry and understanding of the self (Atman) and its relationship to the universe and Brahman. It discusses concepts such as the nature of reality, the illusion of the material world (Maya), and the process of creation and dissolution.

Salvation and freedom (Moksha) are also key themes in the Shvetashvatara Upanishad. The text teaches that through knowledge and intelligence (jnana), devotion (bhakti), and disciplined practice (yoga meditation), one can achieve Moksha, which is described as the realization of oneness with Brahman and the transcendence of the cycle of birth and death.

The Upanishad also stresses the importance of ethical living and moral conduct as prerequisites for spiritual practice. It encourages compassion, virtue, generosity, truthfulness, and self-control.

Notable verses in the Shvetashvatara Upanishad include Verse 1.3, which discusses the unity of the individual soul (Atman) with the universal soul (Brahman); Verse 6.23, which emphasizes the importance of devotion and

meditation for attaining self-realization and liberation; and Verse 2.15, which describes the meditative practice and the importance of a serene and concentrated mind.

The Shvetashvatara Upanishad has had a significant influence on both Hindu philosophy and practice. Its teachings on yoga or meditation, and the nature of Brahman have been foundational to various schools of Hindu thought, including Vedanta and theistic traditions. It is also notable for bridging the gap between the abstract monism of earlier Upanishads and the more personal theism seen in later devotional movements.

In short, the Shvetashvatara Upanishad is a deeply philosophical and theistic text that provides a synthesis of various ideas and practices within the Hindu tradition. Its exploration of Brahman, the introduction of Ishvara, the emphasis on yoga and meditation, and its teachings on Moksha and ethical living have made it a key text for understanding the diverse spiritual landscape of Hinduism...

## **Exploration of the Mundaka Upanishad.**

The Mundaka Upanishad is a revered ancient Indian text, forming a part of the Atharva Veda. It is renowned for its emphasis on the distinction between higher knowledge (para vidya) and lower knowledge (apara vidya), and for its profound teachings on the ultimate reality, Brahman. This writing delves into the key themes, notable verses, and the enduring influence of the Mundaka Upanishad.



The Mundaka Upanishad is divided into three parts, known as Mundakas, each consisting of two sections. In total, the text contains 64 verses that explore deep philosophical concepts and spiritual guidance.

Key Themes:

#### 1. Higher Knowledge and Lower Knowledge:

The Upanishad differentiates between two types of knowledge. Apara Vidya, or lower knowledge, encompasses the study of the Vedas, rituals, and other sciences. While important, it is considered insufficient for spiritual liberation. Para Vidya, or higher knowledge, is the knowledge of Brahman, the supreme reality, and is the path to moksha, or freedom.

#### 2. The Nature of Brahman:

Brahman is described as the ultimate reality and the source of all creation, transcending all attributes. The Upanishad emphasizes that Brahman cannot be understood through intellectual efforts alone, but requires direct realization and inner experience through yoga meditation.

#### 3. The Process of Creation:

The Mundaka Upanishad outlines the process of creation, stating that all beings and the universe emerge from Brahman. It uses metaphors and analogies to describe the relationship between the creator (Brahman) and creation.

#### 4. The Path to Realization:

The text highlights the importance of renunciation, devotion, meditation, self-discipline, and the guidance of a teacher (guru) in the spiritual journey towards learning, understanding the self and attaining higher knowledge.

#### 5. The Atman (Self):

The Upanishad teaches that the Atman, or the individual self, is identical to Brahman. Realizing this unity leads to liberation and freedom from the cycle of birth and death.

#### Notable Verses:

- Verse 1.1.5: This verse introduces the fundamental distinction between higher and lower knowledge.
- Verse 2.2.8: It emphasizes the transformative power of realizing Brahman, leading to liberation.
- Verse 3.1.3: This analogy illustrates the dissolution of individuality upon realizing the unity with formless Brahman.

The Mundaka Upanishad is highly respected for its clear exposition of the spiritual path and the nature of ultimate reality. It has been extensively commented upon by various philosophers, including Adi Shankaracharya. The text is often cited in discussions about the limitations of ritualistic practices and the importance of inner knowledge and direct spiritual experience. The Mundaka Upanishad uses vivid imagery and metaphors, such as the Bow and Arrow Analogy and the Spider Metaphor, to convey profound spiritual truths in a relatable manner.

The Upanishad emphasizes the importance of ethical living and moral integrity as foundational aspects of the spiritual path. It underscores the necessity of truth, righteousness, and renunciation in attaining higher knowledge and liberation. The Mundaka Upanishad highlights the importance of a guru in the spiritual journey, stressing the necessity of approaching a wise teacher to gain true knowledge.

Meditation or contemplation are repeatedly emphasized as essential practices for spiritual growth. The text describes meditation as an inner fire that purifies the mind and leads to the realization of formless Brahman.

#### The Ultimate Goal:

The Upanishad elaborates on the state of liberation (Moksha) as a state where the liberated soul transcends all dualities and sees the self in all beings and all beings in the self.

The teachings of the Mundaka Upanishad have significantly influenced various schools of Indian philosophy, particularly Vedanta. Its emphasis on higher knowledge over ritualistic practices aligns with the Advaita Vedanta philosophy, and its advocacy for meditation resonates with later yoga traditions and practices.

In short, the Mundaka Upanishad is a profound and influential text that offers a comprehensive spiritual guide, combining metaphysical teachings with practical advice. Its enduring wisdom continues to inspire and guide spiritual aspirants across different traditions and time periods...

## **What is the meaning of life?**

The idea that the meaning of life is the attainment of liberation, characterized by freedom from the cycle of birth, aging, death, and reincarnation, is a common theme in many religions and philosophies. This mentioned liberation is often associated with an eternal, blissful state. Here are some interpretations from different traditions:

### **Hinduism:**

In Hinduism, the ultimate liberation is known as Moksha. It signifies the soul's release from the cycle of Samsara (the cycle of birth, death, and rebirth). Moksha is achieved through self-realization and union with the divine, where the soul (Atman) realizes its identity with the supreme reality (Brahman). It is the ultimate goal of human life, representing eternal peace and bliss.

#### Buddhism:

Buddhism teaches the element of Nirvana as the ultimate goal. Nirvana is the state of liberation from the cycle of birth and rebirth (Samsara) and the extinction of all desires and suffering. It is achieved through the Noble Eightfold Path, which includes right understanding, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Attaining Nirvana element leads to eternal peace and liberation from all forms of suffering.

#### Jainism:

In Jainism, ultimate liberation is referred to as Kevala Jnana (absolute knowledge) or Moksha. It is the release of the soul from the bondage of Karma, birth and death, leading to an eternal state of bliss and knowledge. This is achieved through strict ethical living, non-violence (Ahimsa), truthfulness, and self-discipline.

#### Sikhism:

Sikhism teaches that the goal of life is to merge with Waheguru (God) and attain liberation from the cycle of birth and death. This state of liberation is called Mukhti. It is achieved through devotion, selfless service, meditation on God's name, and living a truthful and honest life.

#### Taoism:

In Taoism, the ultimate liberation is often associated with achieving harmony with the Tao (the Way), the fundamental principle that is the source of everything. Liberation involves living in accordance with the Tao, leading to a state of naturalness, simplicity, and spontaneous action (Wu Wei). It is about freeing oneself from worldly desires and returning to one's true nature.

#### Christianity:

While the ultimate liberation from reincarnation does not directly apply, Christianity teaches about eternal life and salvation. The goal is to attain eternal life with God in heaven, free from suffering, death, and sin. This is achieved through faith in Jesus Christ, repentance, and living a life according to Christian teachings.

#### Islam:

In Islam, the ultimate liberation is associated with achieving Jannah (paradise) after death. It is the eternal abode of peace and happiness, free from the trials of earthly life. This is attained through faith in Allah, adherence to the Five Pillars of Islam, and living a righteous life in accordance with Islamic principles.

Various philosophical schools have also pondered the meaning of life and liberation:

- Stoicism: Emphasizes achieving freedom from suffering through self-control, virtue, and rational understanding of nature.
- Existentialism: Focuses on finding personal meaning and authenticity in life, often through self-awareness and personal responsibility.

Each of these traditions offers a unique path to ultimate liberation, but they commonly emphasize the transcendence of worldly suffering and the attainment of a higher state of existence...

## Goal in Religions & Philosophies.

According to various religions and philosophies, the meaning of life is the attainment of liberation, an eternal state free from birth, aging, death, and reincarnation. Let's delve deeper into how different traditions understand and approach the doctrine of ultimate liberation, focusing on the details and nuances of each tradition.

### 1. Hinduism: Moksha:

Moksha in Hinduism is the liberation of the soul or self (Atman) from the cycle of rebirth (Samsara) and its union with the supreme reality (Brahman).

- Paths to Moksha: There are several paths (Margas) to attain Moksha, as we see, including:

- Jnana Marga (Path of Knowledge): Deep philosophical inquiry and realization of the self's unity with Brahman.

- Bhakti Marga (Path of Devotion): Intense devotion and surrender to a personal god, such as Vishnu or Shiva.

- Karma Marga (Path of Action): Selfless meritorious action performed according to dharma (righteous duty) without attachment to outcomes.

- Raja Yoga (Path of Meditation): Rigorous physical and mental discipline, including meditation (Dhyana), to attain spiritual insight and tranquility.

- Philosophical Foundations: The Vedanta school of Hindu philosophy, particularly Advaita Vedanta, posits that the individual soul (Atman) is ultimately non-different from Brahman, and realization of this truth leads to liberation.

## 2. Buddhism: Nirvana:

Nirvana in Buddhism represents the ultimate liberation from the cycle of birth, death, and rebirth (Samsara), and the cessation of all desires and suffering.

- Four Noble Truths: The foundation of Buddhist teaching includes:

- 1) Dukkha: The natural truth of suffering.

- 2) Samudaya: The natural truth of the origin of suffering (craving and ignorance).

- 3) Nirodha: The natural truth of the cessation of suffering (Nirvana Element).

- 4) Magga: The natural truth of the path leading to the cessation of suffering (Noble Eightfold Path).

- Noble Eightfold Path: The path to Nirvana in Buddhism includes:

- 1) Right View: Knowing and Understanding the Four Noble Truths.

- 2) Right Thoughts: Thinking none-harming, none-hating, dispassion related thoughts.

- 3) Right Speech: Avoiding from falsehood, slanders, harsh words and useless words.

- 4) Right Action: Avoiding from killing creatures, theft, illicit sexual intercourse.
- 5) Right Livelihood: Earning a living in a righteous way.
- 6) Right Effort: Striving to develop meritorious skillful states.
- 7) Right Mindfulness: Developing vipassana body meditation, feelings meditation, thoughts meditation, and phenomena meditation.
- 8) Right Concentration: Developing concentration meditations and deep merged states.

### 3. Jainism: Kevala Jnana and Moksha:

Moksha in Jainism is the liberation of the soul or self from the cycle of birth and rebirth, achieved through purification and self-discipline.

#### - Key Concepts:

- Ahimsa (Non-violence): Absolute non-violence in thought, word, and deed.
- Anekantavada (Many-sidedness): Respecting diverse perspectives and acknowledging the complexity of reality.
- Aparigraha (Non-possessiveness): Non-attachment to material possessions and desires.
- Kevala Jnana: Attaining perfect knowledge and enlightenment, leading to liberation.
- Path to Liberation: Following the three jewels (Ratnatraya) of right belief, right knowledge, and right conduct, along with strict ascetic practices.

### 4. Sikhism: Mukhti:

Mukhti in Sikhism refers to liberation and union with God, achieved through devotion, service, and righteous living.

#### - Key Practices:

- Naam Simran (Meditation on God's Name): Continuous remembrance of God.
- Seva (Selfless Service): Serving others without any expectation.
- Living Truthfully: Leading an honest and ethical life in accordance with the teachings of the Gurus.
- Beliefs: Emphasis on the oneness of God (Ik Onkar), the equality of all humans, and living a life of humility and love.

## 5. Taoism: Harmony with the Tao:

In Taoism, liberation is seen as achieving harmony with the Tao, the fundamental principle that is the source of everything.

### - Key Concepts:

- Wu Wei (Non-action): Effortless action in harmony with the flow of the universe.
- Ziran (Naturalness): Living in accordance with one's true nature.
- Te (Virtue): Manifesting the Tao through virtuous living.
- Practices: Meditation, breathing exercises, Tai Chi, and living simply and in accordance with nature.

## 6. Christianity: Eternal Life and Salvation:

In Christianity, the ultimate goal is eternal life with God, free from sin, suffering, and death.

### - Key Beliefs:

- Salvation: Achieved through faith in Jesus Christ, repentance of sins, and living according to God's commandments.
- Grace: The unmerited favor of God, which is essential for salvation.
- Eternal Life: Living forever in the presence of God in heaven.
- Practices: Prayer, reading the Bible, participating in sacraments (e.g., baptism and communion), and engaging in good works.

## 7. Islam: Jannah:

In Islam, the ultimate goal is to attain Jannah (paradise), an eternal abode of peace and happiness.

### - Key Beliefs:

- Five Pillars of Islam:
  - Shahada: Faith in the oneness of God and the prophethood of Muhammad.
  - Salat: Performing five daily prayers.
  - Zakat: Giving to charity.
  - Sawm: Fasting during the month of Ramadan.
  - Hajj: Pilgrimage to Mecca at least once in a lifetime, if possible.



- Path to Jannah: Living a life in accordance with the teachings of the Quran and the Hadith, performing good deeds, and seeking forgiveness for sins.

## 8. Other Philosophies: Various Approaches:

- Stoicism:

- Goal: Achieving inner peace and virtue by living in harmony with nature and rationality.

- Practices: Developing self-control, practicing mindfulness, and accepting fate.

- Liberation: Freedom from emotional distress and irrational desires.

- Existentialism:

- Goal: Finding personal meaning and authenticity in life.

- Key Figures: Jean-Paul Sartre, Albert Camus.

- Concepts: Emphasis on individual freedom, responsibility, and the creation of one's own values in an indifferent or absurd universe.

These diverse perspectives highlight the rich variety of interpretations and paths to liberation across different religious and philosophical traditions. Each offers unique insights into the human condition and proposes methods for achieving a higher state of existence beyond the limitations of mortal life...

# Comparing Religions and Philosophies to Nature.

In a world of diverse belief systems and philosophical doctrines, the quest for understanding the true nature of reality and human existence remains a fundamental pursuit. One intriguing method to evaluate the accuracy and relevance of various religions and philosophies is by comparing their teachings to the nature of the world around us. By examining how these doctrines align with scientific principles, human behavior, natural truths, nature and cosmic realities, we can uncover deeper truths about their validity and relevance. This approach not only enriches our comprehension but also fosters a more harmonious coexistence with the natural world.

[Finding "True Nature"] To undertake this comparative analysis, we should check teachings of religions and philosophies by comparing them with nature and natural truths. This can be explored through several lenses:

- Materialistic Scientific Nature: The laws of physics, biology, true facts and the natural world as revealed through materialistic scientific inquiry, etc.
- Human Nature: The intrinsic characteristics, behaviors, true characteristics, and psychological patterns common to all humans, etc.
- Cosmic Nature: The broader, philosophical, natural or spiritual understanding of the nature, universe and existence, etc.

[Core Teachings of Religions and Philosophies] The next step involves identifying and summarizing the core teachings of various religions and philosophies. These teachings typically encompass:

- Ethical Principles: Guidelines for moral conduct and social behavior.

- Metaphysical Claims: Beliefs about the fundamental nature of reality, existence, and the divine or invisible.
- Practical Wisdom: Advice on leading a fulfilling and meaningful life, practical nature.

[Aligning Teachings with Scientific Understanding] A critical aspect of this analysis is assessing how these teachings resonate with contemporary scientific knowledge:

- Consistency with Natural Laws: Do the metaphysical claims of a religion or philosophy align with the scientific understanding of the universe? For instance, many religious narratives explain the creation and functioning of the world, which can be juxtaposed with cosmological and evolutionary theories.
- Biological Basis of Ethics: Are the ethical principles rooted in a realistic understanding of human biology and psychology? Altruism, compassion, and cooperation are often advocated by religious doctrines; these can be evaluated in the context of evolutionary biology and social psychology.

[Evaluating Human Nature] Understanding how these belief systems account for human nature is another vital consideration:

- Psychological Resonance: Do the teachings align with psychological insights into human behavior and needs? Philosophies that promote mental well-being and emotional resilience, like Stoicism, can be examined through the lens of modern psychology.
- Social Dynamics: How well do the ethical and social teachings facilitate harmonious and prosperous societies? For example, principles of justice and community in various religions can be assessed for their effectiveness in promoting social cohesion and stability.

[Assessing Practical Outcomes] The real-world outcomes of adhering to these teachings offer valuable insights into their validity:

- Impact on Well-being: Do followers of these systems tend to experience greater happiness and well-being? Surveys and studies on the mental health and life satisfaction of practitioners can provide empirical data.

- Environmental Stewardship: How do these teachings promote or hinder sustainable interactions with the natural world? Religious doctrines often contain prescriptions regarding the treatment of nature, which can be evaluated against contemporary environmental ethics and sustainability practices.

[Philosophical and Spiritual Alignment] Beyond scientific and practical considerations, the philosophical or spiritual alignment of these teachings with nature is crucial:

- Universal Truths: Are there elements that seem universally true or beneficial across different cultures and eras? Core values like compassion, justice, and the search for meaning often resonate across various traditions.
- Experiential Validity: Do personal experiences and subjective insights from followers support the teachings? Spiritual practices and mystical experiences reported by adherents can offer profound insights into the subjective validation of these beliefs.

Some Examples of Comparative Analysis:

- Buddhism and Interconnectedness: Buddhism's emphasis on universal interconnectedness, natural laws, cause and effect nature and impermanence aligns closely with ecological principles and the interconnectedness observed in natural systems.
- Christianity and Altruism: Christian teachings on love and altruism can be compared with evolutionary psychology's findings on the benefits of cooperative behavior.
- Stoicism and Resilience: The Stoic philosophy's focus on inner resilience and acceptance of natural laws parallels psychological research on coping mechanisms and emotional well-being.

In short, by systematically comparing the teachings of religions and philosophies with nature, we can gain deeper insights into their accuracy and relevance. To find out the truth, we need to compare various religions and philosophies with the nature and the universe. This method highlights areas where these belief systems align with or diverge from observable reality, offering a more nuanced understanding of their place in human life and the

cosmos. Such an approach not only enhances our intellectual comprehension but also fosters a more profound respect for the intricate tapestry of beliefs that shape our world. Through this comparative analysis, we inch closer to unveiling the true nature...

## **Vimanas: Divine Mansions in Buddhism and Hinduism.**

In the rich tapestry of ancient Buddhist and Hindu texts, one intriguing thing that stands out is the Vimana. The Vimanas are not merely mythical or imaginative constructs but are truly existing things in the vast universe, inhabiting invisible divine planes or dimensions.

In essence, a Vimana is a separate house or a divine mansion where gods and goddesses reside. These celestial abodes are not confined to the terrestrial realm but are scattered across the cosmos, often invisible to the naked eye.

The descriptions of Vimanas in ancient scriptures are captivating. They are said to be immense in size, emitting radiant light in all directions, and adorned with vibrant hues. The splendor of these divine abodes is unmatched, possessing a cleanliness and purity that is otherworldly. An aromatic fragrance permeates these celestial mansions, further enhancing their allure. The beauty of Vimanas is not limited to their exterior, as they are also described as being exceptionally clean, aromatic, and lavishly luxurious within.

One of the most fascinating aspects of Vimanas is their ability to levitate and move through the sky. This characteristic has led some modern interpreters to compare Vimanas to UFOs or advanced aircraft. However, the spiritual texts describe Vimanas not as machines but as divine mansions with ability to work according to the mind of a god.

The interior of a Vimana is equally captivating. They are said to house ponds filled with crystal-clear water, divine trees bearing heavenly fruits, and lush gardens that bloom perpetually. The luxury and opulence of these celestial mansions are a testament to the divine status of their inhabitants.

In Buddhism and Hinduism, Vimanas serve as a reminder of the infinite possibilities that exist within the universe. They represent a realm where the physical laws that govern our world do not apply, a realm where divine beings live in harmony with nature and the cosmos.

Vimanas continue to inspire us to look beyond our immediate surroundings and explore the vastness of the universe...

## **Interconnectedness of Rest, Intelligence, Concentration, & Peace of Mind.**

Our mental and emotional well-being is crucial for our overall health and happiness. In order to achieve and maintain a state of well-being, it is important to focus on several interconnected factors: resting, thinking with

discrimination and intelligence, concentration, unifying the mind, and peace of mind.

Rest is crucial for the body and mind to rejuvenate. It helps in repairing muscles, consolidating memories, and releasing hormones that regulate growth and appetite. Lack of rest can lead to physical fatigue, mental exhaustion, and a variety of health problems, including obesity, diabetes, and even heart disease. Resting can also have a positive influence on intelligence in several ways, such as improved memory consolidation, enhanced cognitive function, increased creativity, reduced stress and anxiety, and better mental and emotional health.

Thinking with discrimination and intelligence is important for our survival and success in life. Intelligent thinking allows us to understand complex things, make decisions, solve problems, and learn from experiences. Discrimination, in this context, refers to the ability to differentiate between right and wrong, good and bad. This type of thinking is important for making good decisions and avoiding mistakes and problems.

Concentration is the ability to direct our mental efforts towards a particular task or subject. It is important for learning, problem-solving, and performing tasks efficiently and effectively. Lack of concentration can lead to mistakes, poor performance, and wasted time and effort. Concentration can be improved through practices such as meditation.

Unifying the mind is a state of consciousness where the mind is free from distractions, conflicts, and fluctuations. It is a state of inner peace, clarity, and focus. Unifying the mind is important for our mental and emotional well-being, and for achieving our goals and aspirations. A unified mind can be cultivated through practices such as meditation.

Peace of mind is a state of mental and emotional calmness and tranquility. It is important for our overall well-being, as it helps in reducing stress, anxiety, and depression, and in improving mood, sleep, and cognition. A calm mind is important for several reasons, such as improved mental clarity, reduced stress and anxiety, better emotional regulation, improved physical health, and enhanced mindfulness.

All these factors are interconnected, as they all contribute to our mental and emotional well-being. For example, rest helps in improving concentration and mood, and in reducing stress and anxiety. Similarly, intelligent thinking helps in making good decisions and in avoiding mistakes and problems. And peace of mind is a result of a well-rested, focused, and discriminating mind.

In contrast, a restless and agitated mind can have harmful effects on our well-being. It can impair focus and mental clarity, increase stress and anxiety, and disrupt sleep. It can also make us more prone to negative emotions, such as anger, frustration, and sadness. Therefore, cultivating a calm mind through practices such as meditation, can be beneficial for our overall well-being.

In summary, resting, thinking with discrimination and intelligence, concentration, unifying the mind, and peace of mind are all interconnected and important for our overall well-being. By prioritizing these factors and cultivating a calm and focused mind, we can improve our mental and emotional well-being, and enhance our overall quality of life...

## **Power of Masculine Natures.**

The ancient scriptures have long been a source of wisdom and guidance for individuals seeking to lead a virtuous and fulfilling life. Among the many teachings, there is a classification of certain qualities as masculine natures, which are also considered supreme divine qualities. These natures, including wisdom, generosity, and courage, have the power to positively influence an individual's life and the lives of those around them. In this writing, we will explore the 11 masculine natures and delve into the reasons why cultivating these good qualities is essential for personal growth, strong relationships, and a more harmonious society.



## The 11 Masculine Natures:

1. **Wisdom:** The ability to make sensible decisions and judgments based on knowledge and understanding, wisdom is often considered one of the most important qualities for a successful and fulfilling life.
2. **Generosity:** Being kind, understanding, and willing to give to others without expecting anything in return but good karma, generosity is a virtue that helps build strong relationships and communities.
3. **Directness:** Valued for its ability to foster trust between individuals, directness involves being straightforward, honest, and clear in communication, helping to avoid misunderstandings.
4. **Virtue:** A moral excellence or particular moral quality that is highly valued and esteemed, virtues are the foundation of good character and ethical behavior.
5. **Righteousness:** Acting in accordance with moral principles and divine laws, righteousness is associated with justice, virtue and living an upright life.
6. **Learning:** The acquisition of knowledge, skills, and values through study, experience, or being taught, pursuing knowledge and personal growth is an essential aspect of human development.
7. **Truthfulness:** Being honest and sincere in one's words and actions, truthfulness is vital for building trust and maintaining healthy relationships.
8. **Dispassion:** The ability to remain calm, objective, and unaffected by lustful emotions or dispassion allows for clearer thinking and more effective problem-solving.
9. **Compassion:** The ability to understand and empathize with the suffering of others, coupled with the desire to alleviate that suffering, compassion is a key component of strong, supportive relationships and communities.

10. Courage: The ability to confront fear, danger, or adversity, whether physical or emotional, despite feeling afraid, courage is essential for overcoming challenges and growing as an individual.

11. Firmness (resolute): Being steadfast and unwavering in one's right decisions, righteous actions, and correct beliefs, firmness demonstrates strength of character and the ability to stay committed to one's principles.

### The Importance of Cultivating Masculine Natures:

1. Personal growth: Developing these good qualities helps individuals improve their character, make better decisions, and lead more fulfilling lives. They foster self-awareness, self-discipline, and self-improvement.

2. Building strong relationships: Qualities like generosity, compassion, truthfulness, and directness help create trust, understanding, and empathy between individuals. This, in turn, leads to stronger and more supportive relationships with family, friends, and colleagues.

3. Positive impact on society: When individuals embody these good qualities, they contribute to a more just, compassionate, and harmonious society. They inspire others to act virtuously and create a ripple effect of positive change.

4. Overcoming challenges: Qualities like courage, resilience, and wisdom enable individuals to face adversity and overcome obstacles. They help people stay focused on their goals and maintain a positive outlook even in difficult situations.

5. Moral and ethical guidance: These good qualities serve as a moral compass, guiding individuals to act with integrity, fairness, and righteousness. They help people make decisions that are in line with their values and principles.

6. Inner peace and happiness: Cultivating these qualities can lead to greater inner peace, contentment, and happiness. They help individuals develop a strong sense of self, find meaning and purpose in life, and establish a deeper connection with themselves and others.

In summary, the masculine natures, as described in ancient scriptures, are supreme divine qualities that have the potential to significantly enhance personal growth, relationships, and societal well-being. By cultivating these good qualities, individuals can not only lead more fulfilling lives but also create a positive impact on the world around them. The importance of these qualities lies in their ability to provide moral guidance, promote inner peace, and foster a more compassionate and harmonious society...

## **Ayurveda: The Ancient Science of Life and Longevity.**

Ayurveda is a traditional Indian system of medicine that has been practiced for over 5,000 years. The word "Ayurveda" is derived from two Sanskrit words - "Ayur" meaning life or longevity, and "Veda" meaning knowledge or science. Thus, Ayurveda is the "science of life" or the "knowledge of longevity."

The origins of Ayurveda are believed to be divine, with ancient seers, saints or rishis gaining their knowledge of Ayurveda through meditation and spiritual revelation. According to legend, eight saints, namely Narada rishi, Dhanvantari rishi, Angirasa rishi, Kapila rishi, Kandaraggi rishi, Saama rishi, Athula rishi and Purvakaccayana rishi invented the medicines for sicknesses and all the information about Ayurveda medical science by using their divine intelligences that become in a higher concentration level or higher samadhi. Divine intelligence is also known as the Divine Eye.

Ayurveda is based on the principle of balancing the three doshas or energies in the body - Vata, Pitta, and Kapha. According to Ayurveda, each person has a unique constitution or Prakriti, which is a combination of these three doshas. An imbalance in any of these doshas can lead to illness or disease.

Ayurveda emphasizes the use of natural remedies, including herbs, spices, and minerals, to restore balance and promote health. Ayurvedic practitioners may also recommend dietary and lifestyle changes, such as yoga meditation, to support overall well-being.

Some of the key practices and principles of Ayurveda include:

1. Panchakarma: This is a detoxification and rejuvenation therapy that involves five different procedures to eliminate toxins from the body and mind.
2. Dinacharya: These are daily routines and practices that are recommended to maintain good health and well-being, such as waking up early, practicing yoga, and eating a balanced diet.
3. Ritucharya: These are seasonal routines and practices that are recommended to maintain good health and well-being during different seasons or times of the year.
4. Ahara: Ayurveda places great emphasis on the importance of food and nutrition in maintaining good health. It recommends a balanced and individualized diet based on one's Prakriti or constitution.
5. Vihara: This refers to the lifestyle and habits that one adopts to maintain good health and well-being, such as exercise, sleep, and stress management.

Ayurveda is recognized as a system of medicine in India, and it is also gaining popularity in other parts of the world as a complementary or alternative form of medicine.

In summary, Ayurveda is a holistic and ancient system of medicine that emphasizes the use of natural remedies, dietary and lifestyle changes, and spiritual practices to maintain good health and promote longevity. The divine origins of Ayurveda add to its mystique and allure, but it is ultimately a practical and effective system of medicine that has stood the test of time...

# Beyond the Big Bang Theory.

The Big Bang Theory is a cornerstone of modern cosmology, describing the universe's expansion from a high-density and high-temperature state approximately 13.8 billion years ago. While the theory has been remarkably successful in explaining a wide range of observations, it's important to note that no scientific theory is perfect. There are still some unanswered questions and potential challenges to the Big Bang Theory that are being explored by scientists.

## 1. The Baryon Asymmetry Problem:

One of the most significant challenges to the Big Bang Theory is the baryon asymmetry problem. This problem revolves around the imbalance between matter and antimatter in the universe. According to the Big Bang Theory, equal amounts of matter and antimatter should have been created in the early universe. However, the observable universe appears to be composed almost entirely of matter, with very little antimatter. This imbalance is not well understood and is an active area of research in particle physics and cosmology.

## 2. The Magnetic Monopole Problem:

Some theories in particle physics predict the existence of magnetic monopoles, particles that would carry a "magnetic charge." However, these particles have never been observed, despite extensive searches. The Big Bang Theory would predict a much higher abundance of magnetic monopoles than we see, which is a potential challenge to the theory.

### 3. Dark Matter and Dark Energy Distribution:

While the Big Bang Theory and the theory of cosmic inflation explain the large-scale structure of the universe quite well, there are some discrepancies on smaller scales. In particular, there are some issues with the distribution of dark matter and dark energy, which are thought to make up the majority of the universe's mass-energy density. These discrepancies are not well understood and are an active area of research in astrophysics and cosmology.

### 4. The Lithium Problem:

The Big Bang Theory, combined with our understanding of nuclear physics, allows us to predict the abundance of different elements in the early universe. Most of these predictions match observations quite well, but there is a discrepancy with the element lithium. Lithium is observed to be less abundant than predicted, which is a potential challenge to the Big Bang Theory's predictions about the early universe.

The unanswered questions and potential challenges to the theory are an opportunity for scientists to refine and extend our understanding of the universe...

## Imperfections of Science.

Science is a powerful tool for understanding the world around us, but it is not perfect. There are limitations to human knowledge and understanding, biases and errors, uncertainty and probabilistic nature, the changing nature of scientific knowledge, limitations of scientific methods, funding and resource

constraints, and ethical and social considerations that can impact the scientific process.

It is crucial to approach scientific findings with a critical and open-minded attitude, acknowledging both the strengths and limitations of the scientific process. In this writing, we will explore some of the errors and problems associated with the Big Bang Theory, a widely accepted scientific model that explains the origin and evolution of the universe.

1. The Cosmic Lithium Problem: The Big Bang Theory predicts the abundance of light elements in the early universe, including hydrogen, helium, and lithium. While the predictions for hydrogen and helium match observations quite well, there is a discrepancy with lithium. The observed abundance of lithium is significantly lower than the predicted value, and the reasons for this discrepancy are not yet fully understood.

2. The Dark Radiation Problem: Dark radiation is a hypothetical form of energy that is postulated to exist in some extensions of the Big Bang Theory. It is called "dark" because it doesn't interact with light or matter, similar to dark matter and dark energy. The existence of dark radiation is suggested by some anomalies in the cosmic microwave background and the large-scale structure of the universe, but it is not predicted by the standard Big Bang Theory, and its existence remains speculative.

3. The Trans-Planckian Problem: This problem arises from the fact that the Big Bang Theory involves energy scales that are beyond the reach of current experiments. The very early universe was incredibly hot and dense, and to fully understand this period, we would need a theory of quantum gravity, which would combine quantum mechanics and general relativity. However, such a theory has not yet been fully developed and tested.

4. The Fine-Tuning Problem: This problem relates to the precise values of certain fundamental constants in the universe, such as the strength of the gravitational force or the mass of the electron. If these constants were even slightly different, the universe as we know it wouldn't exist. The fine-tuning problem is not a challenge to the Big Bang Theory specifically, but rather to our understanding of why the universe is the way it is.

In summary, the Big Bang Theory is a powerful and useful scientific model for understanding the origin and evolution of the universe. However, like all scientific theories, it is not perfect, and there are still many unanswered questions and potential challenges to the theory...

## **Vast and Diverse Animal Kingdom.**

The animal kingdom, teeming with a myriad of species, is a testament to the richness of life on Earth. In fact, the number of animals in a small area can often surpass the entire human population on the planet. This is primarily due to the abundance of ants, worms, and microscopic living beings that cohabit our world.

The scale of the animal realm is truly immense when compared to the human world. Recent estimates suggest that there are approximately 8.7 million species of animals on Earth. The majority of these are small invertebrates, such as insects, spiders, worms, and microorganisms. In contrast, the total number of human beings on the planet is around 7.9 billion as of 2022.

The disparity between the two becomes even more evident when we consider biomass, the total weight of living organisms. The total biomass of all insects on Earth is estimated to be around 10 times greater than the total biomass of humans. Ants alone, with over 12,000 known species, are estimated to make up around 20% of the total terrestrial animal biomass on Earth.

Microorganisms, such as bacteria, archaea, and single-celled eukaryotes, also vastly outnumber multicellular organisms like humans. It's estimated that there are over 1 trillion species of microbes on Earth.



The difference in birth rates between animals and humans also contributes to the vast number of animals on Earth. Most animals have much shorter gestation periods compared to humans, which is around 40 weeks (9 months). For instance, mice gestate for 19-21 days, rabbits for 28-31 days, cats for 63-65 days, and dogs for 58-68 days.

Animals typically give birth to multiple offspring at once, such as litters of puppies, kittens, or piglets. In contrast, humans usually give birth to one infant at a time, with twins being relatively rare.

Animal births are generally faster and less complicated than human births. Many animals are able to stand and walk shortly after being born, while human infants are very helpless and dependent on caregivers for an extended period.

There are a few key reasons why there are vastly more animals than humans on Earth. These include:

1. **Reproduction Rates:** Animals, especially smaller species like insects, reproduce at much higher rates than humans.
2. **Shorter Lifespans:** The average lifespan of most animals is much shorter than humans, allowing for more generations to occur in the same timeframe.
3. **Evolutionary Adaptability:** Animals, especially smaller species, can evolve and adapt to new environments and conditions much faster than humans.
4. **Biomass and Energy Requirements:** Smaller animals generally require less energy and resources to survive and reproduce compared to large animals like humans.
5. **Ecological Roles:** Animals play vital roles in ecosystems, from decomposers to pollinators to prey, allowing for a greater diversity and abundance of animal life.

In summary, the animal kingdom, with its vast diversity and abundance, is truly awe-inspiring. The sheer number of species, individual organisms, and total biomass of the animal realm dwarfs the human world. We are but a small part of the vast web of life on Earth...

## Buddha's 73 intelligences.

There is nothing in the entire universe an omniscient Buddha does not know. If any human or a god or a brahma asks him any question about any subject Buddha had the wisdom to give the accurate answer immediately. An omniscient Buddha has 73 intelligences.

73 intelligences of the omniscient Buddha:

### **1) Advanced Outer Intelligence. (Sutamaya Knana)**

Buddha's advanced knowledge and intelligence which acquired from outer sources is Advanced Outer Intelligence of the Buddha.

### **2) Advanced Virtue Intelligence. (Silamaya Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of virtue and ability of behaving according to the virtue is Advanced Virtue Intelligence of the Buddha.

### **3) Advanced Concentration Intelligence. (Samadhi Bhavanamaya Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of concentration is Advanced Concentration Intelligence of the Buddha.

### **4) Advanced Reasons Intelligence. (Dammattiti Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of reasons is Advanced Reasons Intelligence of the Buddha.

### **5) Advanced Universal Intelligence. (Sammassana Knana)**

Buddha's advanced and full knowledge and intelligence on past, present and future according to 3 universal laws is Advanced Universal Intelligence of the Buddha.

### **6) Advanced Origination and Deterioration Intelligence. (Udaya Waya Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of origination and deterioration is Advanced Origination and Deterioration Intelligence of the Buddha.

### **7) Advanced Destruction Intelligence. (Bhanga Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of momentary destructions is Advanced Destruction Intelligence of the Buddha.

### **8) Advanced Dangers Intelligence. (Adinava Knana)**

Buddha's advanced and full knowledge and intelligence on realizing dangers of everything that becomes due to a reason is Advanced Dangers Intelligence of the Buddha.

### **9) Advanced Equanimity Intelligence. (Sankarupekka Knana)**

Buddha's advanced and full knowledge and intelligence on realizing emptiness of all formations and effects and showing equanimity to all formations and effects is Advanced Equanimity Intelligence of the Buddha.

### **10) Advanced Transforming Intelligence. (Gotrabhu Knana)**

Buddha's advanced and full knowledge and intelligence on going beyond subject of formations (and effects) and transforming consciousness element

into the extinction of existence element (Nirvana element) is Advanced Transforming Intelligence of the Buddha.

### **11) Advanced Shifting Intelligence. (Pathama Magga Knana)**

Buddha's advanced and full knowledge and intelligence on acquiring liberation and destroying all sins and destroying the worldly status and destroying all wrong views and coming out from all formations is Advanced Shifting Intelligence of the Buddha.

### **12) Advanced Results Intelligence. (Phala Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of supra-mundane results is Advanced Results Intelligence of the Buddha.

### **13) Advanced Liberation Intelligence. (Vimutti Knana)**

Buddha's advanced and full knowledge and intelligence on realizing destroyed sins is Advanced Liberation Intelligence of the Buddha.

### **14) Advanced Reflecting Intelligence. (Paccavekkana Knana)**

Buddha's advanced and full knowledge and intelligence on reflecting everything about acquired supra-mundane results is Advanced Reflecting Intelligence of the Buddha.

### **15) Advanced Internal Differences Intelligence. (Vattunanatva Knana)**

Buddha's advanced and full knowledge and intelligence on all the differences of 6 subjects of eye, ear, nose, tongue, body and mind is Advanced Internal Differences Intelligence of the Buddha.

### **16) Advanced Outer Differences Intelligence. (Gocharananatva Knana)**

Buddha's advanced and full knowledge and intelligence on all the differences of 6 subjects of forms, sounds, scents, tastes, tangibles and thoughts is Advanced Outer Differences Intelligence of the Buddha.

### **17) Advanced Behaviour Intelligence. (Charyananatva Knana)**

Buddha's advanced and full knowledge and intelligence on the 3 types of behaviours of consciousness element is Advanced Behaviour Intelligence of the Buddha.

### **18) Advanced Planes Intelligence. (Bhuminanatva Knana)**

Buddha's advanced and full knowledge and intelligence on the 4 subjects named passion plane, form plane, formless plane and extinction of existence element is Advanced Planes Intelligence of the Buddha.

### **19) Advanced Natures Intelligence. (Dharmananatva Knana)**

Buddha's advanced and full knowledge and intelligence on the 9 categories of natures is Advanced Natures Intelligence of the Buddha.

### **20) Advanced Intrinsic Intelligence. (Knatatte Knana)**

Buddha's advanced and full knowledge and intelligence on intrinsic characteristics, function, practicing, near cause of forms - sensations - perceptions - formations - consciousness elements is Advanced Intrinsic Intelligence of the Buddha.

### **21) Advanced Deciding Intelligence. (Thiranatte Knana)**

Buddha's advanced and full knowledge and intelligence on knowing common characteristics of names and forms is Advanced Deciding Intelligence of the Buddha.

### **22) Advanced Abandoning Intelligence. (Pariccagatte Knana)**

Buddha's advanced and full knowledge and intelligence on abandoning all names and forms is Advanced Abandoning Intelligence of the Buddha.

### **23) Advanced Development Intelligence. (Ekarasatta Knana)**

Buddha's advanced and full knowledge and intelligence on developing meditative intelligence for obtaining liberation is Advanced Development Intelligence of the Buddha.

#### **24) Advanced Meditative Reality Intelligence. (Phusanatte Knana)**

Buddha's advanced and full knowledge and intelligence on the clear reality of forms, sensations, perceptions, formations, consciousness elements that leads to meditative result is Advanced Meditative Reality Intelligence of the Buddha.

#### **25) Advanced Significance Intelligence. (Atta Patisambhida Knana)**

Buddha's advanced and full knowledge and intelligence of significance on the subject of causes and effects and names and forms and supra-mundane matters is Advanced Significance Intelligence of the Buddha.

#### **26) Advanced Laws Intelligence. (Damma Patisambhida Knana)**

Buddha's advanced and full knowledge and intelligence of universal laws on the subject of causes and effects and names and forms and supra-mundane matters is Advanced Laws Intelligence of the Buddha.

#### **27) Advanced Meanings Intelligence. (Nirutti Patisambhida Knana)**

Buddha's advanced and full knowledge and intelligence on the meanings of words related to subject of liberation is Advanced Meanings Intelligence of the Buddha.

#### **28) Advanced Distinct Intelligence. (Patibhana Patisambhida Knana)**

Buddha's advanced and wide knowledge and intelligence on the subjects of advanced significance intelligence, advanced laws intelligence and advanced meanings intelligence is Advanced Distinct Intelligence of the Buddha.

#### **29) Advanced Dwelling Intelligence. (Viharatte Knana)**

Buddha's advanced and full knowledge and intelligence on the 3 subjects of dwelling in impermanence view according to the reality, dwelling in woe perception view according to the reality, dwelling in emptiness/no soul/ no self view according to the reality is Advanced Dwelling Intelligence of the Buddha.

### **30) Advanced Nirvana Concentrations Intelligence. (Samapattatte Knana)**

Buddha's advanced and full knowledge and intelligence on the 3 subjects of signless Nirvana concentration, dispassion (non-attachment) Nirvana concentration, emptiness Nirvana concentration is Advanced Nirvana Concentrations Intelligence of the Buddha.

### **31) Advanced Ways Intelligence. (Viharasamapattatte Knana)**

Buddha's advanced and full knowledge and intelligence on different ways of coming into supra-mundane concentrations is Advanced Ways Intelligence of the Buddha.

### **32) Advanced Supra-mundane Results Intelligence. (Anantatika Samadhi Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of destroying sins and liberating the mind and supra-mundane results is Advanced Supra-mundane Results Intelligence of the Buddha.

### **33) Advanced Sinless Dwelling Intelligence. (Aranavihara Knana)**

Buddha's advanced and full knowledge and intelligence on attaining Nirvana element and dwelling without sins powered by wisdom meditation intelligence is Advanced Sinless Dwelling Intelligence of the Buddha.

### **34) Advanced Dissolution Trance Intelligence. (Nirodhasamapatti Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of dissolution trance is Advanced Dissolution Trance Intelligence of the Buddha.

### **35) Advanced Ending Intelligence. (Parinibbana Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of ending all defilements and 5 aggregates of clinging is Advanced Ending Intelligence of the Buddha.

### **36) Advanced Not Becoming Intelligence. (Samasisatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of ending perfectly all natures and not becoming again all natures after the ending of all natures is Advanced Not Becoming Intelligence of the Buddha.

### **37) Advanced Cutting Intelligence. (Sallekatte Knana)**

Buddha's advanced and full knowledge and intelligence on cutting and finishing all contradictive dual natures is Advanced Cutting Intelligence of the Buddha.

### **38) Advanced Endeavor Intelligence. (Viriyaambhe Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of trying and 4 types of endeavors is Advanced Endeavor Intelligence of the Buddha.

### **39) Advanced Teaching Intelligence. (Artasandassane Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of teaching various natures as beings can realize it easily is Advanced Teaching Intelligence of the Buddha.

### **40) Advanced Clear Vision Intelligence. (Dassanavishuddi Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of things that are created due to a cause and things that are not created due to a cause, and differences and similarities of various natures is Advanced Clear Vision Intelligence of the Buddha.



#### **41) Advanced Reality Intelligence. (Khanti Knana)**

Buddha's advanced and full knowledge and intelligence on the reality of forms, sensations, perceptions, formations, consciousnesses is Advanced Reality Intelligence of the Buddha.

#### **42) Advanced Contacting Intelligence. (Pariyogahane Knana)**

Buddha's advanced and full knowledge and intelligence on contacting forms, sensations, perceptions, formations, consciousness elements according to 3 universal laws is Advanced Contacting Intelligence of the Buddha.

#### **43) Advanced Separating Intelligence. (Padesavihare Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of separating sensations is Advanced Separating Intelligence of the Buddha.

#### **44) Advanced Perception Intelligence. (Sannavivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of skillful natures that transform mind from unskillful natures is Advanced Perception Intelligence of the Buddha.

#### **45) Advanced Dangers Intelligence. (Chetovivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of seeing dangers of all unskillful natures such as craving, hatred, ignorance is Advanced Dangers Intelligence of the Buddha.

#### **46) Advanced Establishing Intelligence. (Chittavivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of destroying 5 dark covers of the mind and establishing the mind on the meditative objective and also establishing the mind in the Nirvana element are Advanced Establishing Intelligence of the Buddha.

#### **47) Advanced Emptiness Intelligence. (Knavivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the soulless/selfless nature of name and form is Advanced Emptiness Intelligence of the Buddha.

#### **48) Advanced Distinctive Release Intelligence. (Vimokkhavivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of distinctive release from 5 dark covers of the mind and distinctive release from all sins is Advanced Distinctive Release Intelligence of the Buddha.

#### **49) Advanced Eternal Truths Intelligence. (Sachchavivatte Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of eternal 4 noble truths is Advanced Eternal Truths Intelligence of the Buddha.

#### **50) Advanced Supernatural Power Methods Intelligence. (Iddivida Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of supernatural powers and doing supernatural power actions is Advanced Supernatural Power Methods Intelligence of the Buddha.

#### **51) Advanced Divine Ear Intelligence. (Sotadhatu Vishudda Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of divine ear and hearing sounds by means of divine ear supernatural power is Advanced Divine Ear Intelligence of the Buddha.

#### **52) Advanced Knowing Other's Thoughts Intelligence. (Chetopariya Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of knowing thoughts of others and doing mind reading, knowing thoughts of creatures is Advanced Knowing Other's Thoughts Intelligence of the Buddha.

#### **53) Advanced Recollection of Past Lives Intelligence. (Pubbenivasanussati Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of recollecting past lives and remembering previous lives is Advanced Recollection of Past Lives Intelligence of the Buddha.

**54) Advanced Divine Eye Intelligence. (Dibbachakku Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of divine eye and seeing or knowing by means of divine eye is Advanced Reasons Intelligence of the Buddha.

**55) Advanced Destroying Cankers Intelligence. (Asavakkaya Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of sins and destroying sins by coming into supra-mundane results and also coming into arahantship is Advanced Destroying Cankers Intelligence of the Buddha.

**56) Advanced Woe Intelligence. (Pathama Dukke Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of woes in the universe is Advanced Woe Intelligence of the Buddha.

**57) Advanced Origin Intelligence. (Samudaye Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of origination of woes and avoiding from origination of woes is Advanced Origin Intelligence of the Buddha.

**58) Advanced Cessation Intelligence. (Nirodha Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of coming into eternal nature and cessation of woe and origination of woe is Advanced Cessation Intelligence of the Buddha.

**59) Advanced Path Intelligence. (Magga Knana)**

Buddha's advanced and full knowledge and intelligence on the subject of path leading to the eternal nature which is extinction of existence element is Advanced Path Intelligence of the Buddha.

#### **60) Advanced Truth of Woe Intelligence. (Dukka Knana)**

Buddha's advanced and full knowledge and intelligence on the realization of woe is Advanced Truth of Woe Intelligence of the Buddha.

#### **61) Advanced Truth of the Origin of Woe Intelligence. (Dukkasamudaye Knana)**

Buddha's advanced and full knowledge and intelligence on the realization of desire is Advanced Truth of the Origin of Woe Intelligence of the Buddha.

#### **62) Advanced Truth of Cessation of Woe Intelligence. (Dukkanirode Knana)**

Buddha's advanced and full knowledge and intelligence on the realization of the extinction of existence element (Nirvana Element) is Advanced Truth of Cessation of Woe Intelligence of the Buddha.

#### **63) Advanced Truth of the Path Leading to the Cessation of Woe Intelligence. (Dukkanirodha Gamini Patipada Knana)**

Buddha's advanced and full knowledge and intelligence on the realization of path leading to the cessation of woe (the path of liberation) is Advanced Truth of the Path Leading to the Cessation of Woe Intelligence of the Buddha.

#### **64) Advanced Dharma Meanings Intelligence. (Attapatisambhida Knana)**

Realization of dharma meanings that comes with supreme enlightenment is Advanced Dharma Meanings Intelligence of the Buddha.

#### **65) Advanced Dharma Intelligence. (Dharmapatisambhida Knana)**

Realization of different natures that comes with supreme enlightenment is Advanced Dharma Intelligence of the Buddha.

**66) Advanced Text Meanings Intelligence. (Niruttipatisambhida Knana)**

Realization of dharma text meanings that comes with supreme enlightenment is Advanced Text Meanings Intelligence of the Buddha.

**67) Advanced Excel Intelligence. (Patibhanapatisambhida Knana)**

Wide knowledge about Advanced Meanings Intelligence, Advanced Dharma Intelligence and Advanced Text Meanings that comes with supreme enlightenment is Advanced Excel Intelligence of the Buddha.

**68) Advanced Faculties Intelligence. (Indriyaparopariyatte Knana)**

Buddha's advanced and full knowledge and intelligence on each creature's development of faculties (Faith, Endeavour, Sanity, Concentration, Wisdom faculty) toward the realization of liberation is Advanced Faculties Intelligence of the Buddha.

**69) Advanced Discovering Intelligence. (Asayanusaya Knana)**

Buddha's advanced intelligence of discovering each creature's hidden sins and different natures is Advanced Discovering Intelligence of the Buddha.

**70) Advanced Twin Miracles Intelligence. (Yamakapatihara Knana)**

Buddha's advanced and full knowledge and intelligence on supernatural power action of gushing water and fire at the same time from his body and doing that supernatural power action is Advanced Twin Miracles Intelligence of the Buddha.

**71) Advanced Mercy Intelligence. (Maha Karuna Samapatti Knana)**

Buddha's distinctive intelligence of finding suitable living beings who have done good meritorious karmas in past lives for the realization of supreme enlightenment is Advanced Mercy Intelligence of the Buddha.

## **72) Omniscient Intelligence. (Sabbannuta Knana)**

Omniscient Intelligence gives access to all the information in the entire universe by all aspects. Buddha knows all (Spiritual things, mundane things, supra-mundane things, other dimensions, other worlds, various worlds, gods - brahmas and various other beings, all elements, various sciences, various arts, medicines for sicknesses, past - present - future, things created of causes, things non created of a cause - true liberation, and all about the entire universe) because of this supreme omniscient intelligence. All knowing - all seeing intelligence of Buddha is the Omniscient Intelligence of the Buddha.

## **73) Advanced Uncovering Intelligence. (Anavarana Knana)**

Nothing can disturb Buddha's Omniscient Intelligence. There is no cover for the omniscient intelligence of the Buddha. Nothing is capable of covering Buddha's Omniscient Intelligence and these supreme natures are called Advanced Uncovering Intelligence of the Buddha.

# Exploring Reincarnation in Cinema: Top

## 15 Movies.

Reincarnation is a captivating theme that has intrigued humanity for centuries. The doctrine of being reborn into a new life after death opens a myriad of possibilities for storytelling, allowing filmmakers to explore themes of love, identity, dharma, memory, and karma. Cinema has embraced this theme across various genres and cultural narratives, providing audiences with thought-provoking and imaginative stories. Here are 15 notable movies that delve into the doctrine of reincarnation.

### 1) Cloud Atlas (2012)

Directed by the Wachowskis and Tom Tykwer, *Cloud Atlas* is an ambitious film that intertwines six stories across different time periods. The same actors play different characters in each story, suggesting the interconnectedness of lives, universe, nature and the impact of reincarnation. This film explores themes of fate, destiny, nature and the enduring human consciousness.

### 2) Birth (2004)

In *Birth*, directed by Jonathan Glazer, Nicole Kidman stars as a woman who begins to believe that her deceased husband has been reincarnated in a 10-year-old boy. This psychological drama delves into themes of grief, belief, nature and the possibility of life after death, challenging the protagonist's understanding of love and loss.

### 3) The Reincarnation of Peter Proud (1975)

This psychological thriller, directed by J. Lee Thompson, follows a college professor who experiences disturbing flashbacks of a past life. As he investigates these visions, he uncovers a shocking truth about his previous

existence. The Reincarnation of Peter Proud explores the mystery and terror that can accompany the discovery of one's past lives.

4) Fluke (1995)

Fluke, directed by Carlo Carlei, tells the story of a man who is reincarnated as a dog. As he navigates his new life, he tries to reconnect with his family. This heartwarming family drama examines themes of loyalty, love, nature and the bond between humans and animals.

5) Little Buddha (1993)

Directed by Bernardo Bertolucci, Little Buddha juxtaposes the story of Prince Siddhartha with a modern-day search for the reincarnation of a Tibetan Lama. This film beautifully blends historical narrative with contemporary exploration, providing a spiritual and philosophical journey into the doctrine of reincarnation.

6) Dead Again (1991)

Kenneth Branagh's Dead Again is a neo-noir mystery thriller that follows a private investigator and a woman suffering from amnesia. Through hypnosis, they uncover their past lives and a murder mystery from a previous era. The film skillfully blends suspense, romance, existence and the supernatural.

7) What Dreams May Come (1998)

Starring Robin Williams and directed by Vincent Ward, What Dreams May Come is a visually stunning exploration of the afterlife and reincarnation. The film follows a man who journeys through heaven and hell to reunite with his wife, tackling themes of love, redemption, universe and the cyclical nature of existence.

8) Chances Are (1989)

Chances Are, directed by Emile Ardolino, is a romantic comedy that stars Robert Downey Jr. as a man who is reincarnated and finds himself in a complicated love triangle involving his former wife and daughter. The film combines humor and romance with the intriguing possibilities of reincarnation.

9) The Fountain (2006)



Darren Aronofsky's *The Fountain* intertwines three stories across different time periods, exploring themes of life, love, and reincarnation. The film's intricate narrative and stunning visuals create a profound meditation on life, death, and rebirth.

10) *Kundun* (1997)

Directed by Martin Scorsese, *Kundun* is a biographical film depicting the life of the 14th Dalai Lama, believed to be the reincarnation of his predecessors. This film provides a respectful and insightful look into Tibetan Buddhism and the spiritual journey of the Dalai Lama.

11) *Made in Heaven* (1987)

*Made in Heaven*, directed by Alan Rudolph, is a fantasy romance that follows two souls who fall in love in heaven and are given a chance to reunite on Earth through reincarnation. The film explores themes of destiny, love, universe, nature, existence and the ethereal connection between soulmates.

12) *The Golden Child* (1986)

This fantasy film, directed by Michael Ritchie, stars Eddie Murphy as a social worker tasked with protecting a child believed to be the reincarnation of a Tibetan Lama. *The Golden Child* combines comedy, adventure, and mysticism in a unique exploration of reincarnation and destiny.

13) *Om Shanti Om* (2007)

A Bollywood blockbuster directed by Farah Khan, *Om Shanti Om* is a reincarnation-themed musical drama. The story follows a junior artist who is reincarnated to avenge his death and reunite with his love. The film is known for its vibrant music, colorful visuals, and engaging narrative.

14) *Before I Fall* (2017)

Directed by Ry Russo-Young, *Before I Fall* explores the concept of living the same day repeatedly, leading the protagonist to reflect on her life and change her actions. While not a traditional reincarnation story, it hints at themes of rebirth and redemption as the character seeks to find meaning in her repetitive existence.

15) *Zindagi Tere Naam* (2012)

Directed by Ashu Trikha, this Indian romantic drama deals with the theme of reincarnation, focusing on two lovers who reunite in their next lives. *Zindagi Tere Naam* explores the enduring nature of true love and the belief that love transcends lifetimes.

These films offer diverse perspectives on reincarnation, each providing unique insights into the mystery and allure of life after death. Whether through romance, drama, comedy, or thriller, the theme of reincarnation continues to inspire and captivate audiences worldwide...

## **Best Free Meditation Books Available for Instant Download.**

In today's fast-paced world, finding moments of tranquility and inner peace can be a challenge. Amidst the hustle and bustle, meditation serves as a beacon of serenity, guiding individuals towards a calmer state of mind and a deeper understanding of self. Fortunately, the digital age has made accessing meditation resources easier than ever before. From ancient wisdom to modern techniques, a plethora of meditation books are readily available for free download in PDF format, catering to beginners and seasoned practitioners alike. Here's a curated list of the best free meditation books you can download right now from the internet:

## **Patanjali Yoga Sutra.**

The Yoga Sutras of Patanjali is a collection of Sanskrit aphorisms on the theory and practice of yoga, comprising 195 or 196 sutras. Compiled in the early centuries CE by the sage Patanjali in India, this work synthesizes and organizes knowledge about yoga from much older traditions. Download now. It is free!

PDF Book size: 1MB.

Link:

<https://archive.org/details/PatanjaliYogaSutraBySwamiVivekananda/mode/2up>

## **Practical Meditation Guide By A Forest Monk.**

This meditation guide is a complete meditation book that covers all the sides of practicing meditations. This book is a self-study book. All the information you need for practicing meditations is given in the book. Including attaining form & formless trances and various yoga sciences such as Kundalini yoga, Ashtanga yoga, Raja yoga, Kriya yoga, Aghor yoga. This E-book teaches you both concentration meditations and Buddhist Vipassana meditations. 41 concentration meditations are clearly explained by the forest monk. This E-book contains 27 chapters. If you were seeking guidance to be an ascetic, this is the perfect book for you. Chapter 25 is a complete manual for a life of asceticism. Also, if you were looking for guidance for stopping masturbation or watching porn – this is the book for you. Download now. It is free!

PDF Book size: 4MB.

Link:

<https://practicalmeditationguide.mystrikingly.com>

## **Path Of Freedom (Vimuttimagga).**

This book The Vimuttimagga, or "The Path of Freedom," is an early Buddhist meditation manual attributed to the arahant Upatissa. It is considered a

precursor to the better-known Visuddhimagga ("The Path of Purification"). The Vimuttimagga provides detailed instructions on meditation practices and ethical conduct, aiming to guide practitioners towards the attainment of nibbāna (nirvana). This book offers insights into the Theravāda Buddhist path and is highly regarded for its clarity and practical approach to spiritual liberation. Download now. It is free!

PDF Book size: 18MB.

Link:

[https://urbandharma.org/pdf1/Path\\_of\\_Freedom\\_Vimuttimagga.pdf](https://urbandharma.org/pdf1/Path_of_Freedom_Vimuttimagga.pdf)

### **Path of Purification (Visuddhimagga).**

This book The Visuddhimagga, or "The Path of Purification," is a comprehensive treatise on Buddhist doctrine and meditation written by the scholar-monk Buddhaghosa in the 5th century CE. It is considered one of the most important texts in the Theravāda Buddhist tradition. The Visuddhimagga is structured into three main sections, corresponding to the three stages of the path to enlightenment: sīla (virtue), samādhi (concentration), and paññā (wisdom). This text synthesizes and systematizes teachings from the Pāli Canon, providing detailed instructions on various meditation techniques, ethical guidelines, and philosophical insights, serving as a guide for practitioners seeking nibbāna (nirvana). Download now. It is free!

PDF Book size: 2MB.

Link:

<https://www.accesstoinsight.org/lib/authors/nanamoli/PathofPurification2011.pdf>

### **Anapanasati (Mindfulness of Breathing).**

This book is about doing a meditation called Anapanasati meditation. Ānāpānasati, or "Mindfulness of Breathing," is a fundamental Buddhist meditation practice focused on the breath. It involves paying close attention

to the inhalation and exhalation, cultivating a deep awareness of the breathing process. This practice is detailed in the Ānāpānasati Sutta, found in the Pāli Canon, and is highly regarded for its ability to develop concentration (samādhi) and insight (vipassanā). Practitioners use the breath as an anchor to stabilize the mind, which can lead to increased mindfulness, tranquility, and ultimately, the realization of nibbāna (nirvana). The practice is typically divided into sixteen stages. Download now. It is free!

PDF Book size: 1MB.

Link:

[https://www.buddhanet.net/pdf\\_file/anapanasati.pdf](https://www.buddhanet.net/pdf_file/anapanasati.pdf)

### **Practical Vipassana Exercises.**

"Practical Vipassana Exercises" by Venerable Mahasi Sayadaw is a comprehensive guide on Vipassana meditation, also known as insight meditation. The book provides detailed instructions on how to practice mindfulness and develop insight into the nature of reality. It emphasizes the importance of observing physical and mental phenomena as they arise and pass away, helping practitioners to cultivate a deep understanding of impermanence, suffering, and non-self. The text is structured to support both beginners and advanced meditators, offering practical techniques for achieving enlightenment. Download now. It is free!

PDF Book size: Less than 1MB.

Link:

[https://www.buddhanet.net/pdf\\_file/mahasit1.pdf](https://www.buddhanet.net/pdf_file/mahasit1.pdf)

### **The 7 Stages of Purification and The Insight Knowledges.**

This book "The Seven Stages of Purification and the Insight Knowledges" by Venerable Matara Sri Nanarama is a detailed exposition on the progressive stages of purification and the corresponding insight knowledges in Theravāda Buddhism. The text outlines the path to enlightenment, starting from the purification of virtue (sīla), through the purification of mind (citta), and

culminating in the purification by knowledge and vision (paññā). Each stage is systematically explained, providing practical guidance for meditators to develop insight and achieve liberation. Download now. It is free!

PDF Book size: Less than 1MB.

Link:

[https://www.buddhanet.net/pdf\\_file/bm7insight.pdf](https://www.buddhanet.net/pdf_file/bm7insight.pdf)

### **Keeping the Breath in Mind & Lessons in Samadhi.**

This book "Keeping the Breath in Mind & Lessons in Samadhi" by Venerable Ajaan Lee Dhammadharo is a guide on mindfulness of breathing (ānāpānasati) and developing deep concentration (samādhi). Ajaan Lee provides practical instructions on how to focus on the breath, noting its various aspects and rhythms, and how to cultivate a calm and concentrated mind. The teachings emphasize the importance of sustained practice and offer insights into the different stages of meditative absorption, or jhāna, leading to profound inner peace and clarity. Download now. It is free!

PDF Book size: 1MB.

Link:

[https://www.buddhanet.net/pdf\\_file/breathmind.pdf](https://www.buddhanet.net/pdf_file/breathmind.pdf)

Try them now...